

# Mom's Meals NourishCare® Home Delivery

Nutrition-packed meals delivered directly to  
Los Angeles County Cal MediConnect enrollees



Health Net®  
COMMUNITY SOLUTIONS



## Nutrition impacts readmission rate

Nutritional risk factors significantly increase the likelihood of hospital readmissions. Well-nourished patients are less likely to be readmitted:

- Studies show that malnourished patients are **two times more likely** to be readmitted to the hospital.<sup>1</sup>
- **39% fewer** people were readmitted if they received post-discharge meals.<sup>2</sup>
- A majority of elderly patients arrive at the hospital malnourished,<sup>3</sup> and their stay is approximately **four times longer** than average.<sup>4</sup>

### Available for Los Angeles County Cal MediConnect enrollees

Health Net,\* in partnership with Mom's Meals NourishCare®, is offering home-delivered meal service to Health Net Cal MediConnect Plan (Medicare-Medicaid Plan) enrollees, effective as of January 1, 2019.

### How it works

Service includes up to 28 meals delivered every two weeks that meet nutritional requirements of major health conditions. High-quality meals designed by dietitians are shipped to the member's home in a temperature-controlled cooler and can be refrigerated up to two weeks.

Condition-specific menus created by chefs include:

- Diabetes-friendly
- Heart-friendly
- Renal-friendly
- Lower-sodium
- Gluten-free
- Vegetarian
- Pureed
- Cancer support
- General wellness

### To place an order

To initiate service, providers can contact Mom's Meals NourishCare at **1-844-657-8721**, Monday through Friday, 7:00 a.m. to 6:00 p.m. Central time (CT). The member will receive the initial meal delivery within 72 business hours of order processing.

Health Net is financially responsible for this program. Diagnosis code and authorization are not required. If you have questions about this program, contact [CAMedicareRetention@healthnet.com](mailto:CAMedicareRetention@healthnet.com).



<sup>1</sup>Florida Medical Quality Assurance, Inc. (FMQAI), the Medicare Quality Improvement Organization of Florida under contract with the Centers for Medicare & Medicaid Services, Presentation: Results from the ACL 2010 ADRC Care Transition Program and CMS Investments.

<sup>2</sup>Thomas, et al. Malnutrition in subacute care. Am J Clin Nutr 2002; 75:308-13. Evaluation of 837 patients admitted over 14 months to a subacute care center. Nutritional status was assessed by anthropometric measurements, biochemical markers and Mini Nutritional Assessment (MNA) score. In malnourished patients, 25% required readmission to acute-care hospital compared with 11% of the well-nourished group.

<sup>3</sup>Ziliek and Gunderson, 2009.

<sup>4</sup>Thomas et al., (2002). Stroke patients demonstrated that poor nutrition was correlated to longer length of stay, survival, post-stroke complications including death, pneumonia, infections and GI issues.