



Handbook Insert – November 1, 2020 – Medically Tailored Home-Delivered Meals

YOUR MEMBER HANDBOOK HAS BEEN CHANGED TO INCLUDE MORE SERVICES

Medically Tailored Home-Delivered Meals

Starting **November 1, 2020**, Amida Care will cover medically tailored home delivered meals.

Medically Tailored Meals are meals created to improve your health and well-being, based on your medical needs. The meals are approved by a Registered Dietitian Nutritionist (RDN) after a nutritional assessment and a referral from your provider. Medically Tailored Meals are delivered to the home. This benefit is voluntary. If you are interested in receiving these services, continue reading to see if you are eligible.

Eligibility

To be eligible to receive Medically Tailored Meals your provider must provide a referral and you must:

- Be diagnosed with one or more serious or long-lasting illness
- Be unable to complete day-to-day tasks
- Receive or be eligible to receive 20 hours/week or more of Personal Care Assistant (PCA) care with time assigned for meal preparation*

*This service will be in the place of PCA meal preparation, which will result in a reduction in the amount of PCA hours received each week, for a 6-month period.

Amida Care will review the request and will have a nurse come to your home to conduct an assessment.

The process to receive Medically Tailored Meals will also include a meeting with a Registered Dietitian Nutritionist (RDN) and a review of your nutrition needs.

We have updated your member handbook to add these benefits. This update is available on our website at: www.amidacareny.org/for-members/member-handbook/

If you would like to learn more about these services, call Member Services at 1-800-556-0689. For TTY/TTD services, call 711.