

UMPQUA HEALTH ALLIANCE

Connecting Members to Healthy Meals at Home

MTM helps members with nutrition needs related to chronic illness or food insecurity. It supports health equity and recovery.

Benefits

The Medically Tailored Meals benefit provides up to 3 meals a day for up to 6 months, delivered to a member's home when nutrition support is clinically appropriate. This service supports recovery and chronic disease management.

Who Qualifies for MTM?

- ✓ Discharged in the past 12 months from an IMD (psychiatric or substance use treatment facility)
- ✓ Released from incarceration in the past 12 months
- ✓ Ever involved in the child welfare system
- ✓ Transitioning between Medicaid-only and Medicare and Medicaid
- ✓ At risk of homelessness
- ✓ Young adult ages 19 to 26 with special health care need

Requirements

- Be assessed by a Registered Dietician and receive a Nutrition Care Plan that recommends MTM
- Experiencing low food security
- Have a health condition that would improve with MTM

Common conditions include diabetes with complications, heart failure, malnutrition, cancer treatment, dysphagia, kidney disease and COPD.

Fastest Way to Connect

- Step 1**
Use the MTM Assessment Referral Form to request a nutrition evaluation by an RD.
- Step 2**
The RD completes the Nutrition Care Plan and documents MTM recommendation.
- Step 3**
The member (or their representative) submits a completed HRSN Nutrition Request Form, along with their Nutrition Care Plan, via email to hrsn@umpquahealth.com.

After submission, UHA reviews eligibility and notifies the member with a decision. Approved members are connected with a meal provider.

Program Details

Standard limit:
up to 3 meals a day for 6 months

Members receiving MTM show improved nutrition status and better chronic disease management.

Appendix A: ICD-10 Codes and Clinical Reference for MTM

This appendix lists ICD-10 diagnosis codes commonly associated with members who may benefit from Medically Tailored Meals under the HRSN benefit. The list reflects OHA guidance as of October 2025. It is not exhaustive. Use clinical judgment.



Metabolic and Endocrine Disorders

E10.2 Type 1 diabetes mellitus with kidney complications
E10.5 Type 1 diabetes mellitus with circulatory complications
E11.2 Type 2 diabetes mellitus with kidney complications
E11.5 Type 2 diabetes mellitus with circulatory complications
E46 Unspecified protein-calorie malnutrition



Cardiac Conditions

I50.40–I50.43 Combined systolic and diastolic heart failure
I50.810–I50.814 Right heart failure
I50.82–I50.84 Biventricular and other heart failure types
I50.89 Other specified heart failure
I11.0 Hypertensive heart disease with heart failure
I12.0 Hypertensive CKD with stage 5 CKD or ESRD
I12.9 Hypertensive CKD, unspecified
I13.0 Hypertensive heart and CKD with HF and stage 1–4 CKD



Nutritional and Feeding Disorders

R63.3 Feeding difficulties
R13.10 Dysphagia, unspecified



Respiratory Conditions

J44 Chronic obstructive pulmonary disease (COPD)



Renal Conditions

N17.0–N17.2 Acute kidney failure, stages 1–2
N17.8–N17.9 Other and unspecified acute kidney failure
N18.3–N18.6 Chronic kidney disease, stages 3–5



Neoplasms and Cancer-Related Conditions

C76.0 Malignant neoplasm of head, face or neck

Using This List

- Codes are examples of conditions that may respond to MTM.
- Ensure the RD's Nutrition Care Plan connects the diagnosis to the nutrition service.
- For unlisted but related conditions, include a brief clinical rationale.

Billing Notes

- **Medical Nutrition Therapy (MNT):** Billable when the condition appears on OHP's Prioritized List of Health Services.
- **EPSDT:** Alternative billing pathway for members under 21 who meet the EPSDT criteria (OAR 410-151-0001).

Need Help or Have Questions?

Referral submissions:

hrrn@umpquahealth.com

Provider support:

UHNProviderRelations@umpquahealth.com



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