




**State of Louisiana**  
Louisiana Department of Health  
Office of Aging and Adult Services

**MEMORANDUM**

**OAAS-SC-23-014**

**TO:** OAAS Support Coordination Agencies

**FROM:** Anne F. Olivier, Director, Program Operations  
Office of Aging and Adult Services (OAAS) 

**DATE:** June 27, 2023

**SUBJECT:** Participant Outreach for Medically Tailored Meals and Nutritional Counseling Service

Effective April 1, 2023, the Office of Aging and Adult Services (OAAS) implemented the Medically Tailored Meals (MTMs) service, which is a new service in the Community Choices Waiver (CCW) program.

**MTMs and Nutritional Counseling service** provides meals for up to 12 weeks after a CCW participant's nursing facility or hospital stay. These meals are tailored to the participant's medical conditions and have statistically shown to improve health outcomes. Nutritional counseling is an optional part of the service and provides a nutritional counselor to discuss healthy eating habits and develop a meal plan once the MTMs end. Funding for MTMs service is provided through the American Rescue Plan Act (ARPA) of 2021; therefore, **the cost of the service does not impact the participant's CCW budget allocation.** Currently, there are no CCW participants receiving MTMs services.

Attached is a list of your agency's CCW participants meeting the criteria (recent hospital admission and at least 1 qualifying diagnosis) for the MTM service. Support Coordinators (SCs) should reach out to each participant, explain the service and its benefits, and encourage the participant to accept the service. Once the participant agrees, a Plan of Care (POC) revision should be completed to add MTMs and Nutritional Counseling, if applicable. Through September 2023, revisions can be completed virtually with verbal signatures on the POC revision and the provider Freedom of Choice (FOC).

**The deadline for SCs to complete MTMs service outreach is July 31, 2023.**

OAAS Regional Office (RO) will follow-up with the listed participants beginning August 1, 2023 to ensure that the participant understands this new MTM service, its benefits, and if chosen, that it has been implemented.

If you have any questions, please contact Cheryl Brown  
(Cheryl.Dickerson@LA.gov) at 225-427-7979.

Attachments: MTM Qualifying CCW Participants  
Have You Heard About Medically Tailored Meals/Nutritional  
Counseling, OAAS-R-23-002

c: OAAS Regional Offices  
Medicaid Program Support Waivers (MPSW)  
Statistical Resources, Inc.