

Helping You Make A Remarkable Impact



In a pilot study, AmeriHealth Caritas DC, in partnership Mom's Meals®, provided over 112,000 nutritious, fully-prepared, refrigerated meals to the homes of select members managing diabetes.

In addition to meals, Mom's Meals also provided in-home diagnostic testing to measure the clinical impacts of these meals in connection to A1c levels and weight loss. The study indicated meals had a positive health impact among other added benefits. The results below show the effect Mom's Meals had on IP and ER visits, as well as readmission rates.

By applying the positive outcomes learned in this pilot, AmeriHealth has been able to raise awareness of the program with other providers in their network.

Affect meals had on diabetic and pre-diabetic members¹



.25 points
Average
drop in A1c



3.9 lbs
Average
weight loss

IP and ER visits were reduced after patients consumed Mom's Meals home-delivered meals.²



IP visits

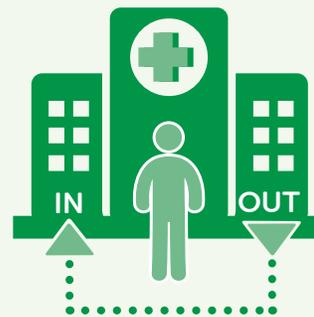
84%
DECREASE



ER visits

41%
DECREASE

Readmission rates decreased when Mom's Meals was part of the post-discharge plan.³



66%
DECREASE

// *From my perspective, for members with uncontrolled diabetes and hypertension, providing access to condition-appropriate nutrition and meals is every bit as important as ensuring they fill their prescriptions.* **//**

- Keith McCannon, Director of Marketing, Community Relations and Outreach, AmeriHealth Caritas DC

Making Better Health Accessible to Your Members

At Mom's meals, our nutritious meal programs are designed to meaningfully address the social determinants of health. We understand that every individual has unique needs and believe they deserve access to nutrition that promotes better outcomes.

Proven Outcomes

- ✓ Nearly 80% of clients eat healthier and more regularly because of Mom's Meals⁴
- ✓ 92% of meal program recipients are able to remain in their homes due to home delivered meals⁵
- ✓ Nutritious meals address social determinants of health and food insecurity

Tailored Experience

- ✓ Clients choose what they want to eat - every meal, every delivery
- ✓ Meals meet individual client needs for sustained independence and a sense of dignity
- ✓ 90% of clients who choose their meals, consume their entrees in each delivery⁶

Relentlessly Reliable

- ✓ Broad delivery footprint to any U.S. address - no matter how remote
- ✓ High-quality, refrigerated meals, crafted in USDA kitchens and delivered straight to clients' homes
- ✓ Seamless support so your teams can deliver maximum impact



**OVER
93%⁷**

of Case Managers have an overall satisfaction with Mom's Meals



**NEARLY
90%⁸**

of all Mom's Meals customers choose their meals



**OVER
98%⁹**

of clients have an overall satisfaction with Mom's Meals



“Your meals helped control my diabetes. I used to take insulin shots everyday, but now with your meals, I only take 3-5 shots a month. My doctor is ecstatic!”

- Frank S.

¹Results of a clinical analysis completed for AmeriHealth Caritas DC and Mom's Meals program in 2017. Analysis included 66 members with diabetes or pre-diabetes who participated in the program in 2015 or 2016.

²This study from the AmeriHealth Caritas DC and Mom's Meals program analyzed 138 members for 30 days who were enrolled in the program between November 1, 2017 through February 7, 2018.

³The AmeriHealth Caritas DC and Mom's Meals program analyzed 812 members who were identified on the Inpatient Census at the core hospitals that the outreach team visits. This excluded behavior health inpatient members. The analysis compared members who receive Mom's Meals with members who were attempted to be visited in the hospital but not placed on meals over 30 days.

⁴⁻⁹Taken from a Mom's Meals 2017 survey of 2,000 customers.