

How to Design Food and Nutrition Benefits for 2024

Including Special Supplemental Benefits for the Chronically Ill (SSBCI)

With greater attention on whole-person care, CMS has placed a focus and expectation on Medicare Advantage (MA) plans to innovate toward helping seniors manage their chronic conditions, while considering the in-depth effect of Social Determinants of Health (SDOH) in our aging population.

Many MA plans have or are looking to establish a longer, chronic care program for vulnerable members for the 2024 benefit year.

Not sure how to get started? We can help.

1 IDENTIFY YOUR TARGET POPULATION

To qualify for SSBCI, beneficiaries must meet certain criteria. From there, some health plans choose to narrow their focus and offer home-delivered meals to those for whom the benefit can have the greatest impact.

2 FORECAST COST AND UTILIZATION

As you design your home-delivered meals benefit, consider the number of meals, cost and kind of outcomes your health plan could expect.

3 DETERMINE MEASUREMENT CRITERIA

While in the development phase, think about the criteria you'll use to measure the results of your benefit.

4 INCLUDE A MEALS BENEFIT IN YOUR BID

When preparing your bid, home-delivered meals are covered as a supplemental benefit that may be included in an MA plan under two primary categories.

5 COMMUNICATE YOUR BENEFIT

Once your benefits package is approved by CMS, let eligible and prospective members, case managers, your provider network, and agents or brokers know that a home-delivered meals benefit will soon be available under your plan.

\$4.1
TRILLION



Chronic disease is a leading driver of America's \$4.1 trillion in annual health care costs

Source: <https://www.cdc.gov/chronicdisease/about/index.htm>



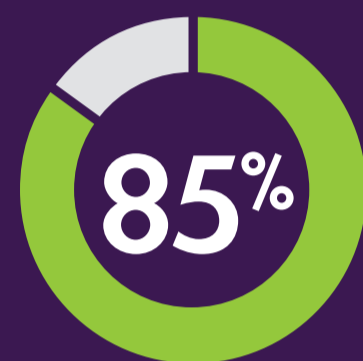
Customer survey data from Mom's Meals® shows over 90% of MA plan members would be willing to recommend their health plan because it offered a meal program

67% of MA plans offered meal benefits in 2022

Source: Medicare Advantage 2022 Spotlight: First Look, November 2, 2021. <https://www.kff.org/medicare/issue-brief/medicare-advantage-2022-spotlight-first-look/>



Why Should You Incorporate a Home-Delivered Meals Benefit into Your MA Plan?



Older adults have at least one chronic condition



Older adults have two or more chronic conditions

Source: Centers for Disease Control & Prevention

Research shows people with a chronic condition who receive home-delivered meals have:

35% ↓

lower average monthly healthcare costs

50% ↓

fewer hospital admissions

37% ↓

shorter length of stay when admitted

Source: Gurvey et al., 2013. Examining Health Care Costs Among MANNA Clients and a Comparison Group. *Journal of Primary Care & Community Health*. 4. 10.1177/2150131913490737.

Get the guide to help improve health outcomes and costs

For more details, use our [guide](#) to design a food and nutrition benefit for your members to help improve post-discharge outcomes as well as help those who are living with chronic conditions. It's full of important updates, steps to take and more.

Mom's Meals can help. As a leading provider of refrigerated, home-delivered meals and nutrition services, we work with hundreds of health plans nationwide. With a deep knowledge of legislative policy surrounding nutrition services to populations in need, we are passionate about improving health outcomes for those we serve.

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