

# CareMore Health Case Study



## Integrating Nutrition & Innovation

CareMore Health is a healthcare delivery system focused on prevention and coordinated care for high-risk patients with complex health needs. It manages chronic disease proactively with innovative clinical programs, while also addressing the medical, social and personal health needs of patients. The CareMore delivery system provides care for enrollees in Medicare Advantage and Medicaid patients in California, Arizona, Nevada, Virginia, Tennessee, Iowa, Connecticut, Washington, DC, and Colorado.



### Challenge

According to the American Diabetes Association, 14.6% of the adult population in Tennessee have diabetes. This translates into over 800,000 adults in the state living with this chronic condition. In addition, medical expenses of those with diabetes is 2.3 times higher than those who do not have the disease. When blood sugar is uncontrolled, over time, people with diabetes can suffer severe complications, including:

- Heart disease
- Stroke
- Amputations
- End-stage renal disease
- Blindness



### Study Design

CareMore leaders initiated a program in Memphis, Tennessee, designed to intervene among Medicaid patients with diabetes who would benefit from increased access to healthy foods as part of their disease management program.

- 171 patients were identified with hemoglobin A1c levels over 7.5% and body mass index (BMI) greater than 25
- 49 patients were enrolled in the pilot program; 33 completed post-pilot lab work
- 90-day program ran from 12/11/2018–3/27/2019

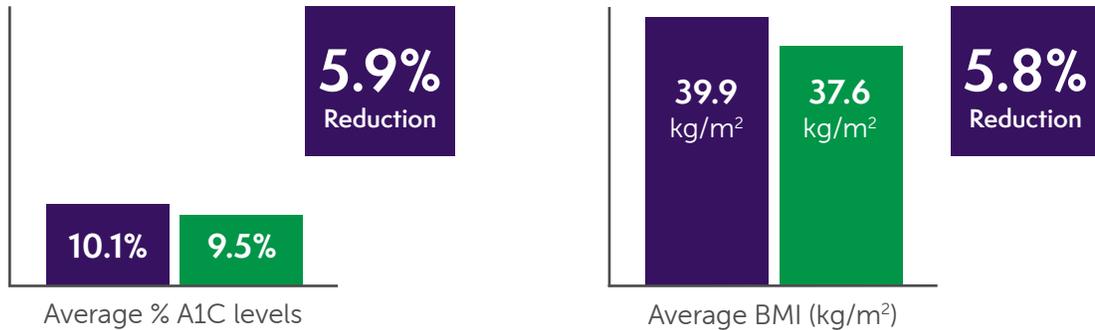


## The CareMore Solution

- The patient is provided three nutritious meals per day for 90 days
- Meals are delivered straight to the home of patients



## Initial Results



“ Food programs like this are about more than just diabetes and delivering healthy food. It sends a powerful message to our patients that we don’t want to just keep throwing medicines and procedures their way; instead we want to help them make a transformative lifestyle change and feel better in a holistic way. We ultimately want to get at the root cause of their condition, and not simply treat it with a band aid.



We do whatever it takes to address each patient’s individual needs. The extra components to our programs – like meals and nutritional counseling—are crucial for helping our patients manage their disease and potentially prevent it from worsening. ”

— Scott Rinefort  
Senior Director of Product Design  
CareMore Health



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