

# Qualifying for Oregon Health Plan nutrition benefits

## About Oregon Health Plan health-related social needs nutrition benefits

### Oregon Health Plan (OHP) health-related social needs benefits

OHP offers members health-related social needs (HRSN) benefits. Health-related social needs are basic needs that affect a person's health. HRSN benefits help members who qualify with these basic needs:

- Nutrition
- Housing
- Staying healthy in any weather or climate condition
- Help getting other benefits

## What are the HRSN nutrition benefits?

### Medically tailored meals (MTMs)

Medically tailored meals are for people with health conditions that need nutrition support to improve outcomes.

Oregon Health Plan MTMs require a referral to a registered dietitian from a member's health care provider. The dietitian will make a nutrition care plan for the member. If it shows that MTMs are needed, the member's CCO or open card health care provider will connect them with a MTM provider. Meals will be customized for the member's specific health conditions.

## Nutrition education

This benefit helps members learn how to make informed choices and improve health through nutrition.

## Who qualifies for HRSN nutrition benefits?

Each benefit has different requirements. **But you must be an Oregon Health Plan member to qualify for them.** Not all OHP members will qualify. Some may qualify for all, just one or none at all.

See pages 3-5 for specific details about qualifying for each benefit.

### How to apply

#### For members in a coordinated care organization (CCO)

- Go to the [CCO web page](#) to see how to contact your CCO.

#### For members not in a CCO

- Speak with a care coordinator at 888-834-4304 or email [ORHRSN@Acentra.com](mailto:ORHRSN@Acentra.com).

To find out if members are in a CCO, call OHP Client Services at 1-800-273-0557 or email [Ask.OHP@odhsoha.oregon.gov](mailto:Ask.OHP@odhsoha.oregon.gov).

## For more information

- Visit the [HRSN nutrition web page](#) to find more information on nutrition and other HRSN benefits.
- Email us at [1115Waiver.Renewal@odhsoha.oregon.gov](mailto:1115Waiver.Renewal@odhsoha.oregon.gov).

## Qualifying for HRSN nutrition benefits

To qualify for HRSN nutrition benefits a person must be an OHP member. Each benefit has specific requirements.

### **Benefit: Medically tailored meals**

Medically tailored meals are for people with health conditions that need nutrition support to improve their health outcomes.

#### **To qualify a person must:**

- Be an OHP member
- Be in at least one qualifying life situation – see page 4 for list
- Have at least one qualifying health condition – see page 4 for list
- Be experiencing food insecurity – see page 5 for details
- Have a registered dietitian’s assessment that shows they need MTMs
- Meet with a registered dietitian on a regular basis to ensure that the MTMs meet care plan goals

**Next steps:** The member’s CCO or open card health care provider will connect them with a MTM provider. The meals will be customized for members’ specific health conditions.

### **Benefit: Nutrition education**

#### **To qualify a person must:**

- Be an OHP member
- Be in at least one qualifying life situation – see page 4 for list
- Have at least one qualifying health condition – see page 4 for list
- Be experiencing food insecurity – see page 5 for details

**Next steps:** Members can ask their CCO or open card provider about the nutrition education options they offer.

## Qualifying life situations

Members must be in at least one of these situations:

- Left incarceration (jail, detention, etc.) in the past 12 months
- Left a mental health or substance use disorder treatment facility in the past 12 months
- In the Oregon child welfare system (foster care) now or in the past
- Going from Medicaid-only benefits to qualifying for Medicaid plus Medicare
- Experiencing homelessness
- Have a household income that's 30% or less of the average yearly income where they live AND lack resources or support to prevent homelessness (visit the [HRSN provider web page](#) for qualifying income tables)
- Being a young adult aged 19-20 who is living with an on-going childhood health condition

## Qualifying health conditions

Members must have one of the following health conditions (see pages 5-7 for specific details about each condition):

- Complex physical health condition
- Complex behavioral health condition
- Developmental or intellectual disability
- Difficulty with self-care and daily activities
- Experience of abuse or neglect
- 65 or older
- Under age 6
- Pregnant or gave birth in the past 12 months
- Repeated trips to emergency room or crisis services

## Food insecurity

Members must be screened for food security using the [U.S. Household Food Security Survey Module: Six-Item Short Form](#) to qualify for HRSN nutrition benefits.

## Specifics about qualifying health conditions

To qualify for HRSN nutrition benefits, members must have at least one of the qualifying conditions listed below.

### **Complex physical health condition**

Persistent, disabling, progressive or life-threatening condition(s) that require treatment. Examples may include acute or chronic conditions like:

- Conditions a person was born with
- Blindness
- Disabling dental conditions
- Neurological diseases
- Cardiovascular diseases
- Pulmonary diseases
- Gastrointestinal diseases
- Liver diseases
- Renal diseases
- Endocrine diseases
- Hematologic disorders
- Musculoskeletal conditions
- Infectious diseases
- Cancers
- Autoimmune disorders
- Immunodeficiency disorders

## **Complex behavioral health condition**

- A mental health condition or substance use disorder that requires treatment or supports to achieve and maintain health goals and stability.

## **Developmental or intellectual disability**

- An intellectual or developmental disability that requires services or supports to achieve and maintain health goals and stability.

## **Difficulty with self-care and daily activities**

- Needing help self-care or daily tasks, called either:
  - Activities of daily living (ADLs)
  - Instrumental activities of daily living (IADLs)
- Qualifying for Medicaid covered long-term services and supports (LTSS) through one of these:
  - Oregon Department of Human Services (ODHS)
  - Aging and People with Disabilities (APD)
  - Office of Developmental Disabilities Services (ODDS)

## **Experiencing abuse or neglect**

- Experiencing now or in the past domestic, sexual or psychological violence, abuse or neglect.

## **65 or older**

- Being 65 years old or older.

## **Under age six**

- Being a child under age 6.

## **Pregnant or gave birth in past 12 months**

- Currently pregnant or gave birth in the past 12 months.

## **Repeated use of emergency room or crisis services**

- Repeated emergency department care (defined as two or more visits in the past 6 months or four or more visits in the past 12 months)

- One crisis service encounter in the past 6 months or two encounters in the past 12 months, including:
- Behavioral health mobile crisis, crisis respite services or school behavioral health crisis services as defined by [Oregon Administrative Rule \(OAR\) 411-320-0080](#).
  - Any length of stay in a jail or detention center
  - Any stay in an emergency shelter
  - Any stay in emergency foster care
  - Being required to leave a housing or behavioral healthcare program (shelter, day habilitation program, etc.), a school or an early childhood program in the past year

### **Being a young adult with special health care needs**

- Being a young adult with special health care needs (YSHCN) with the following clinical risk factors:
  - A physical health condition that requires regular health care
  - A mental health condition or substance use disorder
  - Intellectual disability or developmental disability
  - Needing or receiving health care services, taking medications regularly, or seeing a therapist.

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