

# Oregon Health Plan nutrition benefits

Oregon Health Plan (OHP) will offer nutrition benefits to some members starting Jan. 1, 2025.

## What are OHP nutrition benefits?

- **Assessment for medically tailored meals (MTMs) by a registered dietitian**
  - Members who qualify will be referred to a registered dietitian by their healthcare provider.
  - The dietitian will assess members' health conditions to see if they qualify for MTMs.
  - The dietitian will also work with members to create a nutrition care plan.
- **Medically tailored meals**
  - If a registered dietitian determines that a member needs MTMs, the member's CCO or open card provider will connect them with a MTM provider.
  - The meals will be customized for members specific health conditions.
  - Members will need to meet with the dietitian regularly to make sure that the MTMs meet care plan goals.
- **Nutrition education**
  - Members who qualify can ask their CCO or open card provider about the nutrition education options they offer.

## Who qualifies for OHP nutrition benefits?

To qualify for OHP nutrition benefits a person must be an OHP member. They will need to be screened by their CCO or open card provider to see if they qualify. To qualify, they must meet requirements in three categories:

- Life situation
- Health condition
- Food insecurity

## Life situation

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

## Health condition

Members must have one of the following health conditions:

- 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 insecurity using the [U.S. Household Food Security Survey Module: Six-Item Short Form](#) to qualify for OHP nutrition benefits.

## How to apply

Members need to work with their health care provider to see if they qualify and apply.

NOTE: Nutrition benefit applications may take up to two weeks to be reviewed. If approved, additional time may be needed to provide the benefit. Some services may require additional medical information.

Coordinated care organizations (CCOs) manage Oregon Health Plan benefits for most members. If you don't know if you're 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).

### If you're in a CCO

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

### If you're not in a CCO

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

### Fill in an HRSN nutrition request form

- Members also can complete an [HRSN nutrition request form](#). It's available in many languages. NOTE: Completing the form doesn't guarantee that you'll qualify.

## Other food and nutrition services

- [SNAP](#) (Supplemental Nutrition Assistance Program) provides monthly food benefits to help people buy healthy food

- [WIC](#) (Special Supplemental Nutrition Program for Women, Infants, and Children) offers healthy food, health screenings, nutrition education and breastfeeding support for pregnant people, new and breastfeeding moms and children under 5
- [Oregon school nutrition programs](#) give children nutritionally balanced, low-cost or no-cost lunches each school day
- [Meal programs for seniors](#): The Aging and Disability Resource Connection lists free or low-priced local meal programs, including Meals on Wheels
- Local food pantries: Call 2-1-1 or go to the [211Info](#) or [Oregon Food Finder](#) websites to find out more.
- OHP members enrolled in a CCO may be able to apply for food and nutrition support through flexible services programs. Flexible services are optional for CCOs and subject to availability. OHP members should contact their CCO directly for more information.
- OHP members who aren't in a CCO can check with their [city or county](#) to see if they have any programs available.

## For more information

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

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