

# Veteran HealthPak®

## Medically-Tailored Meals



**SPARTAN**  
MEDICAL



The Veteran HealthPak® Food-as-Medicine 12-Week Program provides **168 medically-tailored, condition specific pre-made meals delivered to a Veteran's doorstep (14 meals per week)** post discharge from a VA Medical Center and/or for patients with a chronic health condition (i.e., diabetes, heart disease, obesity, etc.).

Spartan Medical Inc., the exclusive federal government supplier of the Veteran HealthPak® and Tangelo, a vertically-integrated food-as-medicine logistics platform market leader, collaborate to bring Medically Tailored Meals (MTMs) to VA Medical Centers (VAMCs) and Community-Based Outpatient Clinics (CBOCs) across the country in an effort to help address the growing veteran population suffering from one or more chronic health conditions.



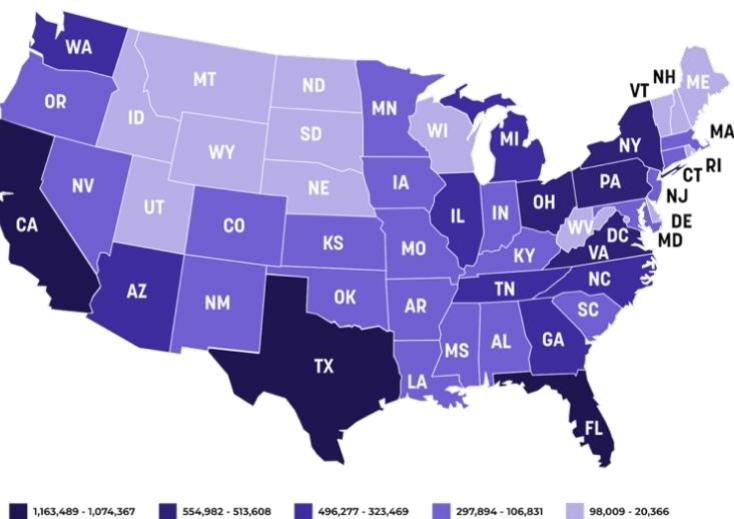
Click [this link](#) or scan the QR Code to learn more



# Chronic Health Conditions in the Veteran Population

Per the most recent U.S. Census Bureau, there are 15.8 million veterans in the United States. Of which, 72% of the veteran population suffer from at least one chronic health condition, which is 44% higher than the national average.<sup>1</sup> These treatable chronic conditions (diabetes, coronary heart disease, COPD, hypertensive disorder, etc.) are creating a significant burden on the Veterans Health Administration (VHA) and contributing to an unacceptable trend in veteran mortality.

## The Need



**72% of Veterans have 1 or more chronic conditions**

44% higher than the national average for chronic conditions

## Cost-Effectiveness of Medically Tailored Meals (MTMs)

Three recent studies have evaluated the cost-effectiveness of Medically Tailored Meals (MTMs) and their impact on addressing chronic conditions. A landmark study addressing the "[Estimated Impact of Medically Tailored Meals on Health Care Use and Expenditures in 50 US States](#)" found that MTMs provide a net health care spending reduction in 49 states, realizing savings of up to \$6,299 per patient.<sup>2</sup> The study found that MTM utilization could avert up to 1,303,400 hospitalizations and save up to \$131.7 billion nationwide over a five-year period. Patients receiving Medically Tailored Meals saw a reduction in hospital readmission of 46%.

A 2022 study published in the Journal of the American Medical Association found that providing medically tailored meals to patients with chronic conditions averted an average of \$18.89 in health care costs per meal provided.<sup>3</sup> Similarly, a 2023 study published in the Journal of the American Heart Association found that averted healthcare costs exceeded the cost of the Medically Tailored Meals provided in the study.<sup>4</sup> Both studies show a correlation between MTMs used to address chronic conditions with a reduction in healthcare costs. Specifically, the JAMA study resulted in net savings of \$18.89 per meal realized within the first 12 months.

The economic data makes a compelling argument for using medically tailored meal programs, like the Veteran HealthPak®, however the benefits of dramatically improving the nutritional health of veterans with chronic conditions is the primary consideration for VHA's whole health strategic initiatives for disease prevention.

# U.S. House of Representatives Passes Report Language in Support of Food-as-Medicine for Veterans

To assist VHA in the implementation of its whole health strategic initiative to address chronic health conditions, the U.S. House of Representatives recently passed report language in the [MilConVA Appropriations FY2025](#) package to include **medically tailored meals and food be provided, when VA providers deem it to be appropriate, in order to support a healthy food-as-medicine component and as part of a comprehensive care plan for veterans with at least one chronic health condition.**

**Medically Tailored Meals**—*The Committee recognizes the ability for VA to provide food to veterans in both inpatient and non-inpatient settings under existing statutory authority. The Committee requests that medically tailored meals and food be provided, when VA providers deem it to be appropriate, in order to support a healthy food-as-medicine component and as part of a comprehensive care plan for veterans with at least one chronic health condition. (See page 47)*

## The Solution

We make prescribing food-as-medicine simple for VA providers, to support Veterans with chronic conditions, improving their health and reduce costs.

- Measure Diet Quality As a Vital Sign and offer food that fills Veterans' nutritional gaps that lead to disease.
- Provide a choice of medically-tailored, culturally appropriate prepared meals.
- Deliver food to Veterans' doorsteps nationwide through our validated food-as-medicine supply chain.
- Evaluate the impact of our food offerings on Veterans' diet qualities and health, and re-prescribe.

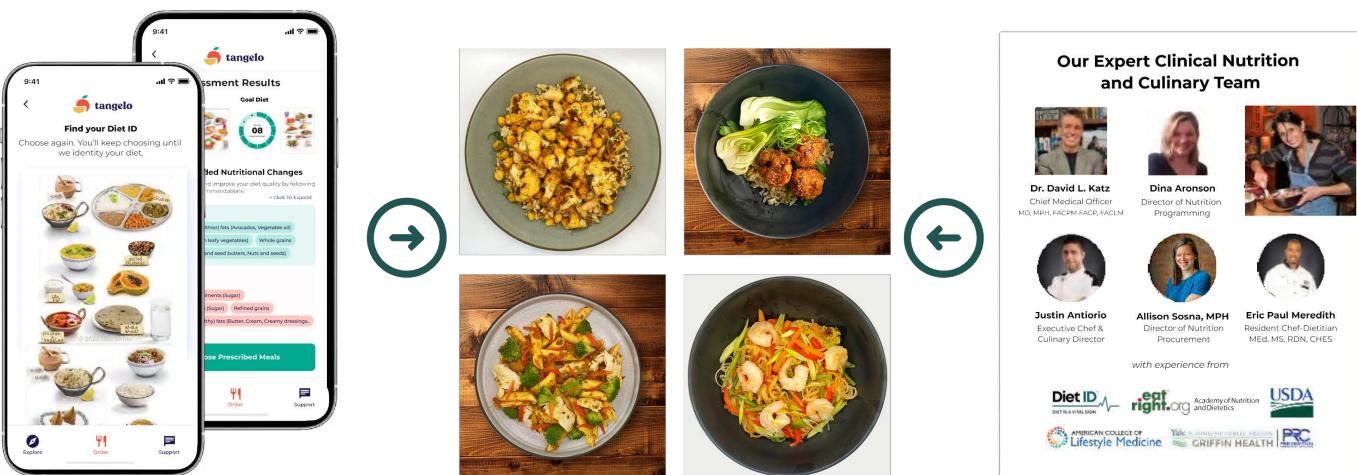
### 12-Week Program

Continuously evaluate every Veteran to provide the appropriate intervention.



## Veteran Journey

Veteran HealthPak program combines precision nutrition and culinary excellence delivered right to the Veteran's door.



Measure Diet Quality as a Vital Sign and instantly identify gaps in nutrition that contribute to illness

Offer expert-approved, medically-tailored, culturally-appropriate food made fresh with local-first ingredients without fillers or additives

Clinical expertise to review & approve all food being offered for all chronic conditions based on Diet ID guidelines

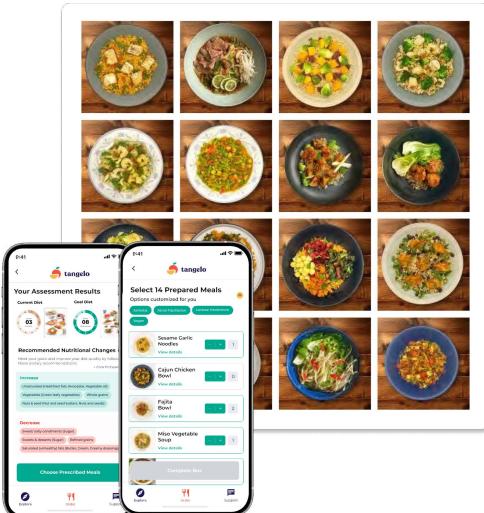


## The Meals

- **100+ Pre-Made Medically-Tailored Meals (MTMs);** condition specific, culturally relevant, flash-frozen with up to a 6-month shelf life.
- **Fresh, Whole Food Ingredients:** Sourced local-first from US farmers. No fillers and no additives. Packed in eco-friendly, recycled, easy-to-handle packaging.
- **Diverse Cultures, with Veteran Input:** We serve diverse cultural palates and work directly with customers to craft and iterate delicious dishes and menus that Veterans love to eat.
- **Easy to Prepare:** All of our prepared meals are pre-cooked, ready to heat & eat in 1-3 minutes.

## Engage Veterans via Easy-to-Use App & Nutrition Education

- We provide highly personalized nutritional engagements to Veterans that support Diet Quality improvement.
- Our expert clinical team develops research-backed educational content in bite-sized articles, videos, infographics, and printouts.
- Education is easy-to-follow, budget-friendly, & culturally appropriate. Designed to help veterans integrate healthy food choices into their lives.



## What's Included in the Veteran HealthPak® Program?

### Prescribed, Medically-Tailored Meals

168 Chef-Designed Dietitian-Approved **Medically Tailored Meals** **delivered weekly for 12 weeks (14 Meals per week)**, includes all packaging, shipping, and handling.

### Dietary Assessment

In addition to MTMs being prescribed for **post discharge** and **chronic conditions** like diabetes, hypertension and obesity, a dietary assessment is conducted to establish a baseline, and then completed every 12 weeks. This allows VA providers to track progress.

## References

1. Yu W, Ravelo A, Wagner TH, Phibbs CS, Bhandari A, Chen S, Barnett PG. Prevalence and costs of chronic conditions in the VA health care system. *Med Care Res Rev*. 2003, available at <https://pubmed.ncbi.nlm.nih.gov/15095551/>.
2. "Estimated Impact of Medically Tailored Meals on Health Care Use and Expenditures in 50 US States," S. Deng, et al., *Health Affairs* 2025, available online at: <https://www.healthaffairs.org/doi/10.1377/hlthaff.2024.01307>
3. "Association of National Expansion of Insurance Coverage of Medically tailored Meals with Estimated Hospitalizations and Health Care Expenditures in the US," K. Hager, et al., *JAMA Netw. Open* 2022, available online at: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2797397>
4. "Health and Economic Impacts of Implementing Produce Prescription Programs for Diabetes in the United States: A Microsimulation Study," L. Wang, et al., *JAHIA* vol. 12, no. 15 (2023), available online at <https://www.ahajournals.org/doi/10.1161/JAHIA.122.029215>

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