MEDICAID FOOD BENEFITS
AND HOW TO ACCESS THEM



What Are Medicaid Food Benefits?

Many Medicaid plans in Michigan now offer food benefits for up to 6 months to eligible members. This is part of a program called In Lieu of Services (ILOS).

These benefits are meant to help people with certain health conditions get access to nutritious food as part of their medical care.

If you qualify, these benefits are free.

You may qualify for a food benefit if you...

1. **Have trouble getting healthy foods AND**
2. **Have one or more of the following conditions:**

- Heart failure (CHF)
- COPD
- High blood pressure
- HIV
- Cancer
- Kidney disease
- High-risk pregnancy
- Diabetes
- Recently stayed in the hospital or at a nursing facility

There are 4 main types of food benefits:

Medically Tailored Meals

Meals that are delivered to your home and tailored for a specific health condition.

Healthy Meals

Nutritionally balanced meals delivered to your home.

Healthy Food Packs

Assortment of nutritious and minimally processed foods to support health.

Produce Prescriptions

Vouchers to purchase fresh fruits and vegetables at grocery stores or markets.

Find which benefits your plan covers:

★ *Best option*

Option 1
Call Your Medicaid Plan

Call the customer services number on the back of your Medicaid card and ask if you have coverage for a food benefit.

They can confirm eligibility and walk you through the enrollment process.

Option 2
Check Coverage Online

Enter your zip code and Medicaid plan to check which food benefits types are available in your area. If you have coverage, call your plan to check your eligibility and enroll.

NutriVP.org/medicaid-ilos

Option 3
Talk to Your Care Team

Ask your care team about ways you can access fresh and healthy foods. They may be able to help connect you to food benefits through your plan or other food services in the area.

Other Food Resources

Enter your zip code to find a list of food assistance resources, including food pantries, food and meal delivery support, and financial assistance for food.

FOOD FINDER
foodfinder.us

FIND HELP
findhelp.org

MICHIGAN 211
mi211.org

Food Benefits Coverage Worksheet

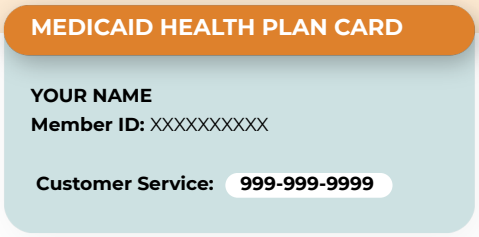
Medicaid Plans

NUTRITION VALUE PATHWAYS
NutriVP.org

Your Medicaid Insurance plan may cover food and nutrition benefits at no cost to you. This worksheet will walk you through how to call your insurance to find out if you qualify and how to sign up.

STEP 1: Find your Medicaid insurance ID card

1. **Find the card you show when you go to the doctor.** This is your Medicaid insurance ID card.
2. **Find the phone number on the back of your card,** usually called "Member Services" or "Customer Service."



STEP 2: Call the Customer Service number on your card

SAY: **"**I am a member, and I want to learn more about my coverage for **food benefits** such as **medically tailored meals** through my plan."

The representative may ask you about:

- Your Medicaid Member ID number (on your insurance card)
- Whether you have trouble getting or affording enough food
- Health conditions you have that may qualify you (see front page)

ASK: **Does my Medicaid plan cover any food or nutrition benefits?**

- ☐ **Yes** — *What type of food benefit is included?*
  - ☐ Medically Tailored Meals
  - ☐ Home-Delivered Meals
  - ☐ Healthy Food Packs
  - ☐ Produce Prescriptions
  - ☐ Other
- ☐ **No** — *Skip to Step 3*

How long is the benefit?

- ☐ 1 month
- ☐ 3 months
- ☐ 6 months
- ☐ Other:

How do I sign up for the benefit?

STEP 3: Share this information with your care team.

If a food benefit was not covered by your Medicaid health plan, but you feel like your ability to access food is negatively impacting your health, contact your care team and let them know.