



July 3, 2025

### Community Supports Services

Regarding: Refinement of Medically Tailored Meals and Referral Process

Dear Provider,

Kern Health Systems (KHS) to inform you of an important update regarding eligibility for the Medically Tailored Meals (MTM) benefit. In alignment with current clinical guidelines and recent program refinements, eligibility is now limited to members diagnosed with a nutrition-sensitive health condition.

**What does nutrition-sensitive mean?** A health condition that is directly influenced by a person’s nutritional status—either caused, worsened, or improved by the presence or absence of adequate nutrition.

**The table below are a few examples of health conditions that are nutrition sensitive:**

Cancer	Gastrointestinal Disorders
Cardiovascular Disorder	Gestational Diabetes
Chronic Kidney Disease	Heart Failure
Chronic Lung Disorders and other pulmonary conditions such as Asthma/COPD	High Cholesterol
	High Risk Perinatal Conditions
Chronic or Disabling Mental Health Disorders	HIV
Diabetes or other metabolic conditions	Hypertension
Dyslipidemia	Liver Disease
Elevated Lead Levels	Malnutrition
End-Stage Renal Disease	Obesity
Fatty Liver	Stroke

**Who can Refer?** Referrals must be submitted by a licensed physician or medical provider's office

**A referral can be submitted following the instructions below:**

1. Go to the KHS website: [www.kernfamilyhealthcare.com](http://www.kernfamilyhealthcare.com)
2. Click on “Provider Portal”
3. Enter your username and password.
4. Click on “Authorizations”
5. Once the Dashboard Populates, click on “Menu.”
6. Next, select “New Request”
7. Enter the member’s information and click search.
8. Under “Action” select “Assessment” and fill out the Assessment form.





## KERN HEALTH SYSTEMS

9. You will be re-routed to the page below, click on the “Add Assessment” button.

Assessments

New Completed Assessments Summary Member Assessments

Add Assessment *Select an Assessment to see options here.*

Assessment Title	Identified On	Assessment Added By
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10. Next, choose which assessment the member qualifies for and click the appropriate box. You can choose from “Community Supports Assessment PP” or “ECM Screening Assessment PP” screenshot below.

Add Assessment

Search Assessment :

Assessments

Community Supports Assessment PP

ECM Screening Assessment PP

Start Assessment Cancel

11. Click “Start Assessment”

12. The form below will populate. Complete all questions and click complete on the upper left corner.

Complete Cancel

Notes Last Answered Question

Assessment Score 0 of 0

Community Supports Assessment PP QG Group Score : 0 of 0

What is the priority of your request? 12/14/2021 Answered : Urgent,   
Add Note

Provider Name 12/14/2021 Answered : test,   
Add Note

Provider Tax ID 12/14/2021 Answered : 953218830,   
Add Note

Provider NPI 12/14/2021 Answered : 1437825213,   
Add Note

Which of the following Community Supports are being requested? 12/14/2021 Answered : Housing Services,   
Add Note

Member Diagnosis 12/14/2021 Answered : c.22,   
Add Note

Please add any additional documentation here, once completed mark assessment as complete. KHS will review your request and notify you of outcome. 12/14/2021 Answered : test,   
Add Note

For any questions, please contact your Provider Relations Representative and they will connect you to the KHS Community Support Services Team at 800-391-2000 option 6. KHS posts all bulletins on the KHS website, [www.kernfamilyhealthcare.com](http://www.kernfamilyhealthcare.com), choose Provider, then Bulletins.

Thank you,

Adriana Salinas, LMFT  
Director of Community and Social Services  
Kern Health Systems