

## What are Medically Supportive Foods (MSF)?

MSF are home-delivered meals for Gold Coast Health Plan (GCHP) members who need:

- Meals tailored to their health care needs and/or
- Help getting better after being in the hospital or a nursing facility.

A Registered Dietitian can help members with healthy eating tips to make sure meals meet their nutritional needs.

MSF does not replace or change your CalFresh benefits. Please note that the meals are for individual members and not for family.

## Medically Supportive Foods:

Healthy Meals  
Delivered to Your  
Door with Care

For questions or help, call Member Services at **1-888-301-1228**, Monday through Friday, 8 a.m. to 5 p.m. (except holidays). If you use a TTY, call **711**.

To learn more about improving your condition through healthy eating, call the Health Education Department at **1-805-437-5718**, Monday through Friday, 8 a.m. to 5 p.m. (except holidays). If you use a TTY, call **711**.



[www.goldcoasthealthplan.org](http://www.goldcoasthealthplan.org)

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## What do members get?

- Up to two meals per day are delivered weekly in a cold storage box.
- The maximum allowance is two daily meals for 12 weeks. MSF can be continued beyond this if medically needed.
- Up to three meetings with a Dietitian.



## Who is eligible?

Members of all ages who:

- Have chronic conditions like diabetes, heart disease, stroke, chronic lung disorders, HIV, cancer, gestational diabetes, and chronic, disabling mental and behavioral health disorders.
- Are getting out of the hospital or a skilled nursing facility.
- Are at high risk of being in the hospital or placed in a nursing facility.
- Have many care coordination needs.
- Members who are eligible for this program must also live within Ventura County.

## What are the limits?

- Members must not get meals reimbursed from other programs or health providers.
- Members residing in a living facility that provides meals tailored to health conditions or receiving local, state, or federally funded meals from another program (i.e., Meals on Wheels).
- Meals are not covered due only to food insecurity.



## Who provides the meals?

GCHP partners with many providers who can deliver meals for many health conditions.

## Who can refer a member for MSF?

- Health care providers
- Caregivers
- Family or friends



## How do you refer a member for MSF:

- 1 Complete the GCHP referral form in English or Spanish. The form is posted on the GCHP website: [www.goldcoasthealthplan.org](http://www.goldcoasthealthplan.org), under “For Providers” ▶  
“Community Supports” ▶  
“CS Referral Form.”



- 2 Fax the completed form to **1-855-883-1552**.