

Oregon's 1115 Medicaid Waiver

All Come Webinar

December 11, 2024



Zoom Meeting Tips

Use **chat** to ask questions.

- We'd like this session to be interactive, so we'll be saving the chat.
- If you want to ask a question verbally, feel free to raise your hand.

This webinar is being **recorded**.

- We'll share it with participants after the presentation.

For **live captioning**, please click on the “cc” button at the bottom of your screen.



Today's Agenda

- 1 | 1115 Medicaid Waiver Background**
- 2 | Health-Related Social Needs (HRSN) Nutrition Updates**
- 3 | Question & Answer**

1115 Medicaid Waiver Background



What is the Oregon Health Plan?

Medicaid

Medicaid is the nation's public health care program. In Oregon we call it the Oregon Health Plan (OHP).

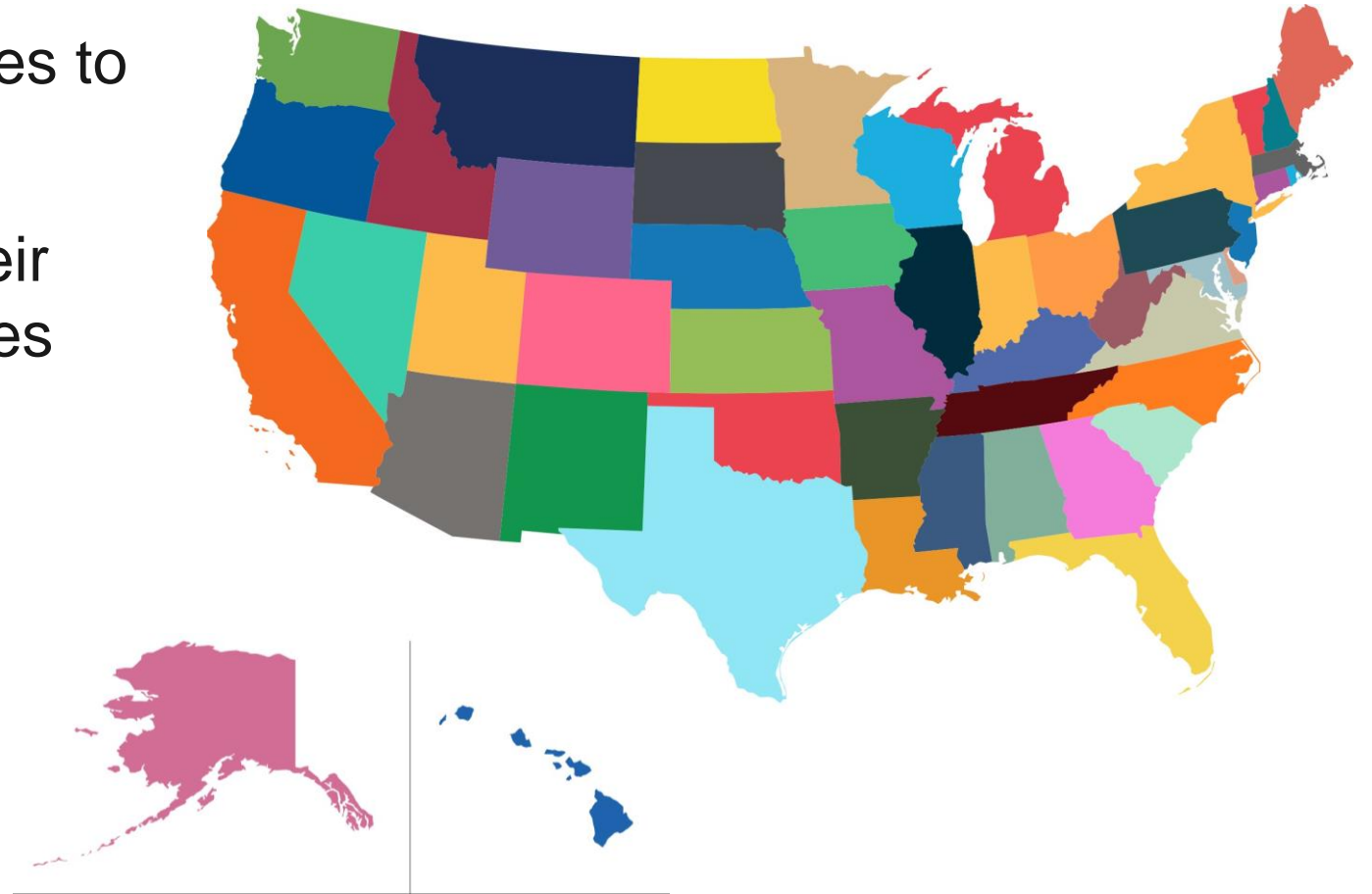
Oregon Health Plan

The Oregon Health Plan (OHP) is free health care coverage for low-income children, teens, and adults who live in Oregon. You can apply for OHP at any time during the year.



What is a Medicaid Waiver?

- States must follow federal rules to get Medicaid funding.
- States can ask **to change** their Medicaid rules. These changes are called a Medicaid waiver.



Oregon 1115 Waiver Key Changes



Extended Oregon Health Plan (OHP) Eligibility and Benefits

- 1) Expanded Medicaid coverage (more people enrolled for longer):
 - Continuous OHP eligibility and enrollment for children up to age six*†
 - Two years of continuous enrollment for OHP members ages six and older*†
 - Coverage for young adults with special health care needs up to age 26*
- 2) Expanded Medicaid benefits and services include:
 - Health-related social needs (HRSN) supports including housing, nutrition, climate supports and outreach and engagement services*
 - A limited set of services for people in a carceral setting 90-days prior to release
 - Tribal Traditional Healing practices

* Indicates an approved change that is first-in-the-nation

† These benefits are in effect and began in July 2023

HRSN Program Overview

The goal of Oregon's HRSN program is to improve health outcomes, decrease costs, and reduce inequities. Eligible individuals can access the HRSN services below once live.



Climate (go-live date, 3/1/24):

These supports include air conditioners for heat risks, air filtration devices to protect against wildfire smoke, portable heaters, mini refrigeration units for medications, and portable power supplies to operate medical devices during power outages.



Outreach & Engagement (go-live date, 3/1/24):

These supports include outreach and linkages to other Medicaid or non-Medicaid benefits, for OHP members in eligible HRSN populations that are presumed eligible for HRSN services



Housing (go-live date, 11/1/24):

These supports focus on members who need support to maintain current housing. Eligible members could be connected to rental assistance, utilities, and storage fee assistance and tenancy support services.



Nutrition (go-live date, 1/1/25):

These supports include services such as medically-tailored meals for specific health conditions and nutrition education.

Health-Related Social Needs (HRSN) Nutrition Updates



Core Values in Nutrition Services Design



Centering Food as Nourishment

1. Help connect to family or cultural traditions
2. Lessen isolation
3. Show your love
4. Build memories
5. Help you reconnect with your body's cues
6. Improve your physical, mental health and well-being

Nutrition is much more than calories and nutrients.



HRSN Nutrition Principles & Goals

Principles and goals informed by workgroup members, health behavior theory, and current nutrition literature.

Guiding Principles



Culturally appropriate and responsive



Person-centered



Acknowledges role of racism and colonialism in defining which foods/diet patterns are considered healthy or unhealthy



Informed by data and existing evidence base – dispel myths

Goals for Implementation



Utilize mainstream food retail channels (e.g., grocery stores) over emergency food systems



Minimize operational complexities of service delivery



Provide services in a way that “meets members where they are” by:

- Normalizing and stabilizing relationships with food and their own bodies
- Decreasing social isolation¹
- Understanding support and time is needed to make significant changes in diet/nutrition
- Considering their lived experience and current life transition

Trauma-Informed Nutrition

Trauma-informed nutrition is the foundation for the design and implementation of HRSN nutrition services.

Two Considerations:

1. Trauma of any kind can cause disruption in a healthy relationship with food.
2. Food itself can be a source of trauma, which can begin, or make worse, an unhealthy relationship with food.

Therefore, the relationship between food, individuals, families, and communities must be treated with care and a holistic perspective.

When designing HRSN nutrition services, we asked the following:

Does the food assistance reduce shame, anxiety, confusion and tension?

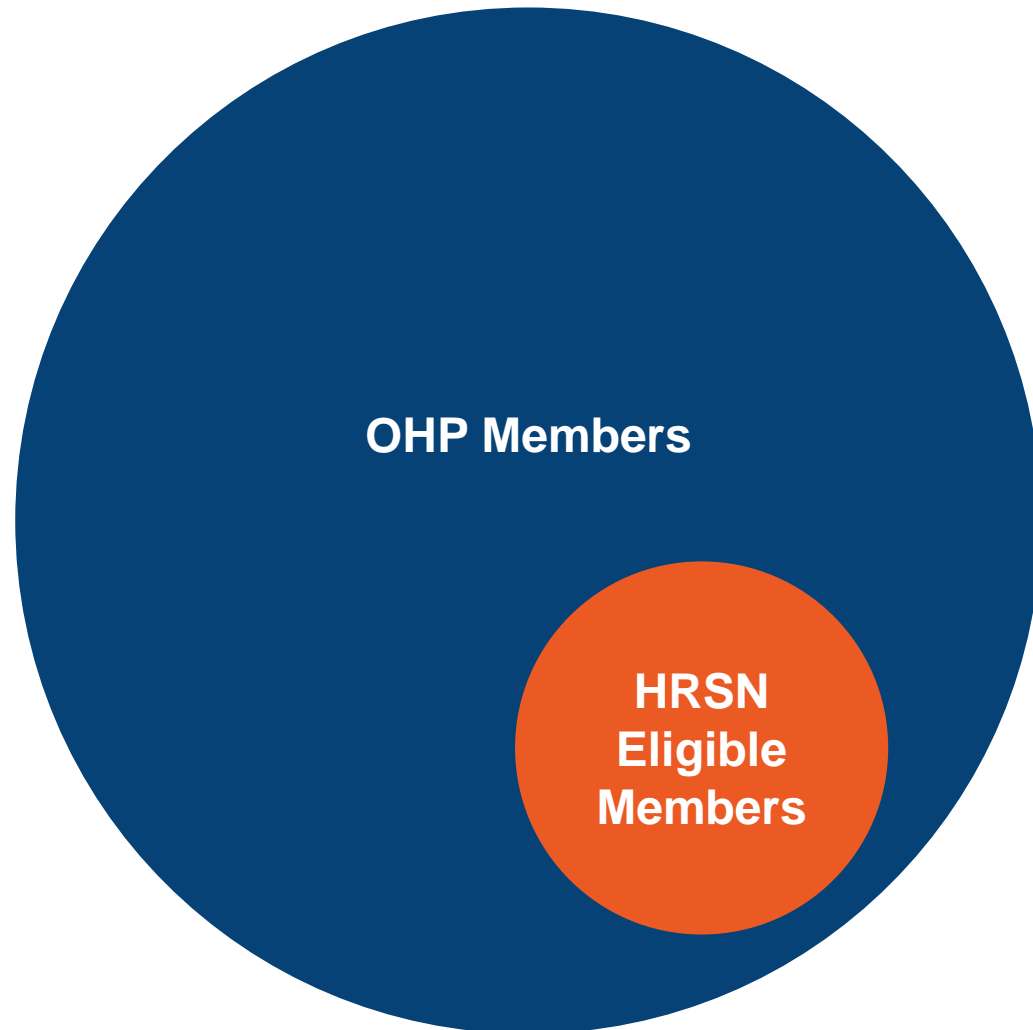
Does it promote safety, dignity, joy?

Does it inspire healing and a healthy relationship to food?

Nutrition Roll Out



HRSN Service Eligibility



To be eligible an individual must:

- Be an OHP Member
- Be part of an HRSN Services Covered Population
- Meet clinical or social risk factor criteria

HRSN Service Covered Populations

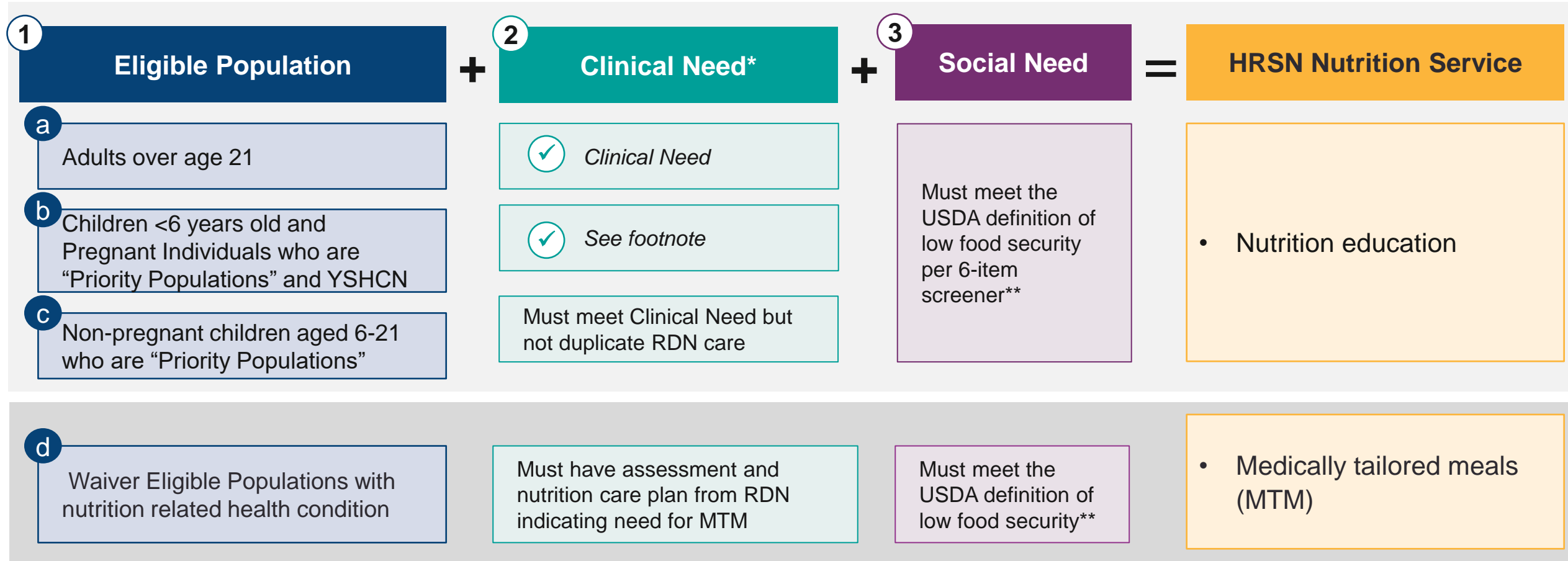
HRSN Services Covered Populations:

- Young Adults with Special Health Care Needs (YSHCN) (starting in 2025)
- Adults and youth discharged from residential mental health or substance use programs
- Adults and youth released from incarceration
- Individuals involved with child welfare
- Individuals transitioning to Dual Status (Medicare-Medicaid)
- Individuals who are houseless or at risk of houselessness per HUD definitions



HRSN = Health-Related Social Needs, **OHP** = Oregon Health Plan,
YSCHN = Young Adults with Special Health Care Needs,
HUD = United States Department of Housing and Urban Development

Eligibility for HRSN Nutrition Services



*Priority Populations - Additional clinical eligibility criteria apply for pregnant/postpartum, children less than 6 years of age, and adults 65 years of age or older. YSHCN 19-20 year olds.

HRSN = Health-related social needs, **YSHCN** = Young Adults with Special Health Care Needs, **RDN** = Registered Dietician Nutritionist

USDA = United States Department of Agriculture

Nutrition Benefits Going Live January 2025

- **Assessment and follow up by a licensed, registered dietitian** to develop nutrition care plan, which may include Medically tailored meals
 - Does not require pre-authorization
 - Bill under regular Medicaid (97802 initial, 97803 follow-up)

Nutrition Benefits Going Live January 2025

- **Medically Tailored Meals (MTM)**
 - Per CMS, available at the individual level only
 - Not allowed for those living in facilities that include meals
 - Members must be in a covered population, screen as having low food security per the USDA 6-item screener and have clinical risk
 - Member needs to be able to safely receive, store, and heat meals
 - Can receive up to 3 meals per day, 7 days per week, as appropriate
 - MTM menus/meal patterns should be developed/approved by a registered dietitian

Nutrition Benefits Going Live January 2025

- **Nutrition Education**

- Can be offered to all waiver covered populations not receiving medically tailored meals
- Not required to participate in nutrition ed to receive other nutrition services
- Must be more than giving handouts, flyers, booklets, recipes
- Evidence-based curriculum, appropriate for the focus population
- Trauma informed
- Although USDA funded programs can't be reimbursed, SNAP-Ed, WIC, OSU Extension offerings might be most appropriate options
- Reminder: Diabetes Prevention Program already covered by Medicaid

USDA = United States Department of Agriculture, **SNAP-Ed** = Supplemental Nutrition Assistance Program Education, **WIC** = Women Infants and Children
OSU = Oregon State University

Requesting HRSN Nutrition Benefits, starting January 2025:

Open Card Members:

You can call 1-888-834-4304 or email ORHRSN@acentra.com.

- Please note: Nutrition Webpage is coming soon. Members or providers will be able to download the Nutrition Request Form in appropriate language, fill it out and email to ORHRSN@acentra.com.

Coordinated Care Organization (CCO) Members:

You can [call your CCO](#).

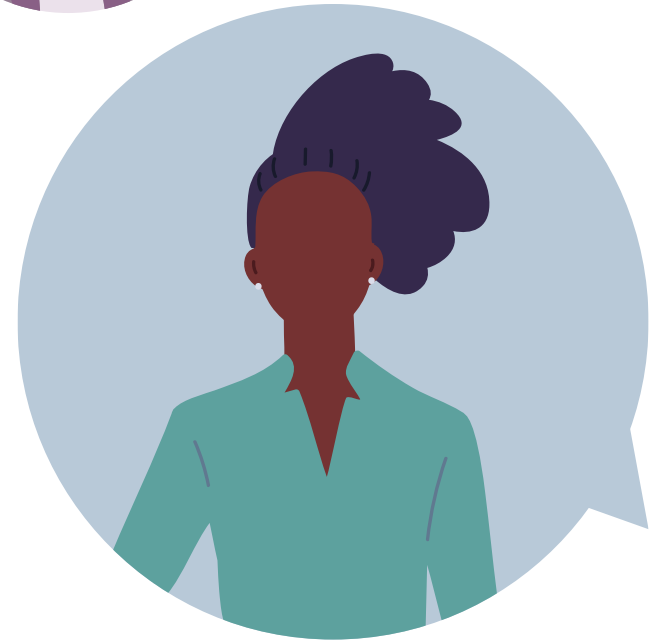
<https://www.oregon.gov/oha/hsd/ohp/pages/coordinated-care-organizations.aspx>

- Please note: Nutrition Webpage is coming soon, and you'll be able to click the Nutrition Benefit Request form links for your CCO.

Question & Answer



What questions do you have?



Upcoming Sessions

Dates and topics

- ★ **January 8**
Benefit Update Project (BUP)



Stay Connected!

For questions related to today's presentation, please contact us:

1115waiver.renewal@odhsoha.oregon.gov

For additional updates and information, check our website:

www.oregon.gov/1115waiverrenewal

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Thank you for your collaboration and ongoing partnership!

