



FOOD IS MEDICINE



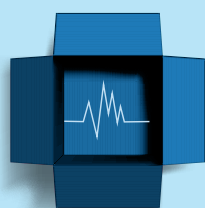
PREVENT CHRONIC CONDITIONS WITH NUTRITION.

MCLANE HEALTH SOLUTIONS: AN OVERVIEW

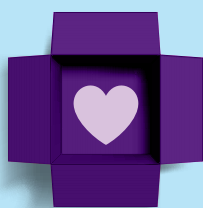
Poor nutrition and food insecurity can lead to health problems and frequent use of expensive medical services. Medically tailored meal (MTM) programs are a possible solution to these issues and address important social determinants of health. McLane Health Solutions provides home-delivered,

pantry-style meal kits to individuals and families living with pre-chronic and chronic conditions. Our meals are medically tailored to meet the nutritional and medical needs of patients living with conditions such as hypertension, diabetes, and heart disease.

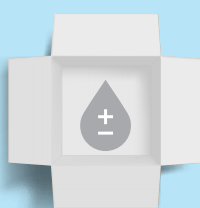
MCLANE HEALTH SOLUTIONS: OFFERS 5 THERAPEUTIC BOXES:



HYPERTENSION



HEART HEALTHY



DIABETES



VEGETARIAN



WELLNESS

Each therapeutic meal box includes a variety of healthy foods selected and approved by a registered dietician from all food groups. They include:

- **FIBER** - Fruits, vegetables, whole grains, legumes, low-fat dairy
- **FAT** - Nuts, canola and olive oil
- **PROTEIN** - Poultry, beans, and fish

Consuming the recommended amounts of fruits, vegetables, and fiber, are shown to likely reduce the risk of cardiovascular diseases and certain types of cancers.



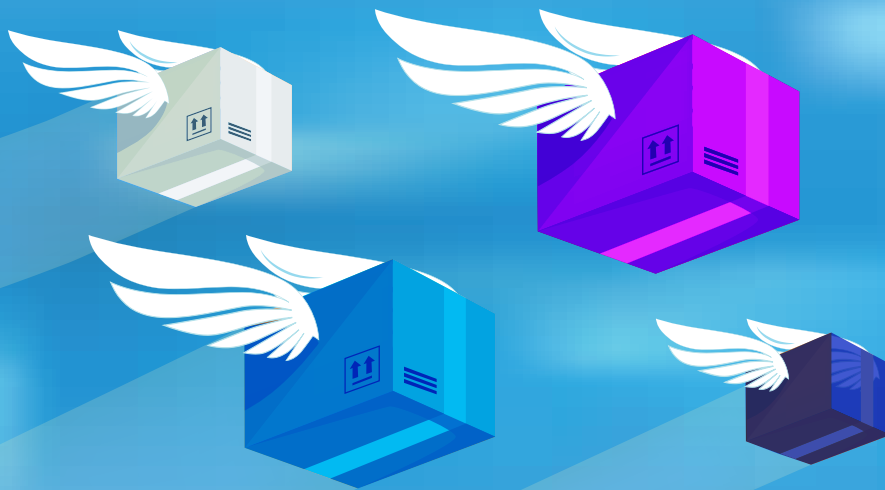
CHRONIC DISEASE PREVENTION FOCUS

According to a study published in JAMA Internal Medicine, participating in a medically tailored meal delivery program was associated with **fewer inpatient admissions** and **lower healthcare costs**, demonstrating the potential for these programs to **improve health outcomes** for vulnerable patients with complex medical conditions. The individuals who stand to gain the most from MTM are those with one or more complex chronic or pre-chronic conditions, lack access easy access to a grocery store, and who typically face food insecurity and

other challenges managing complex diets. McLane Health Solutions focuses on alleviating the stress and anxiety involved in accessing healthy food, so patients can focus on improving their health.

MTM

MEDICALLY TAILORED MEAL



DATA COLLECTION & ANALYSIS

McLane Health Solutions is your partner in program data collection. MHS uses best-practice strategies to collect data to determine specific outcomes that align with your goals. Using evidence-based strategies to design and determine data collection methods, we help you evaluate program data and share program outcomes.

Outcome Data Includes:

- Demographics
- Health Status
- Patient Belief
- Program Satisfaction

REFERENCES: Berkowitz, S. A., Delahanty, L. M., Terranova, J., Steiner, B., Ruazol, M. P., Singh, R., Shahid, N. N., & Wexler, D. J. (2019). **Medically Tailored Meal Delivery for Diabetes Patients with Food Insecurity: a Randomized Cross-over Trial.** *Journal of General Internal Medicine*, 34(3), 396–404. <https://doi.org/10.1007/s11606-018-4716-z> **Healthcare Innovation — Food is Medicine Coalition** (fimcoalition.org)
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