



July 11, 2025

Commissioner Andrea Reeves  
Department of Social Services  
Medical Policy Unit  
55 Farmington Avenue, 9th Floor  
Hartford, CT 06105

**RE: ATA Action Support for CT 25-W: New Coverage of Medical Nutrition Therapy**

Dear Commissioner Reeves,

On behalf of ATA Action, I write in strong support of the State of Connecticut Department of Social Services' (DSS) proposed Medicaid State Plan Amendment (SPA 25-W) to add coverage and reimbursement for Medical Nutrition Therapy (MNT) services delivered by certified dietitian-nutritionists. This proposed SPA represents a meaningful step forward in expanding access to evidence-based, nutrition-focused interventions for Medicaid beneficiaries across the state.

ATA Action is the affiliated trade association of the American Telemedicine Association and is committed to ensuring that all individuals have permanent access to telehealth services across the care continuum, regardless of geography, income, or ability. Through our Virtual Foodcare Coalition, we have brought together stakeholders across sectors to advocate for policies that expand access to evidence-based nutrition interventions, especially through innovative, patient-centered care delivery models like telehealth.

We commend the Department for taking meaningful action to increase access to MNT services and encourage DSS to ensure that virtual modalities are fully supported and reimbursed under this new coverage. Telehealth-delivered MNT is a clinically effective, accessible, and cost-efficient approach to care, and it is essential for reaching individuals who face barriers to in-person services, including Medicaid beneficiaries in underserved or medically complex populations.

**Effectiveness of Virtual MNT**

The integration of telehealth into nutrition care models is well supported by recent studies. A 2023 study published in *JMIR mHealth and uHealth* found that patients who engaged in virtual MNT combined with a mobile health app achieved statistically significant improvements in weight loss and dietary behavior compared to a control group.<sup>1</sup> Another study published in

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<sup>1</sup> Radhakrishna, A., et al. (2023). *Effectiveness of Telehealth-Delivered Medical Nutrition Therapy on Weight Loss and Dietary Behavior in Adults*. *JMIR mHealth and uHealth*, 11, e39681.



Telehealth Policy to Transform Healthcare

*Current Developments in Nutrition* found that virtual nutrition interventions produced comparable or superior outcomes in managing hypertension and cardiovascular risk factors relative to in-person care.<sup>2</sup>

Expanding Medicaid coverage to include MNT - with virtual modalities explicitly permitted - can help address health disparities, prevent disease progression, and reduce the need for costly emergency and acute care.

Thank you for the opportunity to comment. We urge DSS to finalize and implement this important SPA, taking virtual care modalities into account, in the interest of expanding patient access to crucial MNT care. ATA Action appreciates the Department's leadership and stands ready to assist in the implementation of this important expansion. Please feel free to contact me at [kzebley@ataaction.org](mailto:kzebley@ataaction.org) with any questions.

Kind regards,

A handwritten signature in black ink, appearing to read "Kyle Zebley".

Kyle Zebley  
Executive Director  
ATA Action

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<sup>2</sup> Appelhans, B. M., et al. (2022). *Virtual Nutrition Counseling and Cardiometabolic Risk Factors in a Diverse Population: A Randomized Controlled Trial*. *Current Developments in Nutrition*, 6(9), nzac094.