



Improving life through better nutrition at home

At Blue Cross and Blue Shield of Minnesota, we recognize the importance of having access to the right nutrition, which is why we have collaborated with Mom's Meals®.

When recovering from a stay in the hospital or skilled nursing facility, we ensure you get the nutrition you need for better health at every stage in life.

Our Difference

Refrigerated – Ready to heat, eat and enjoy in minutes

Medically Tailored – Supports the needs of most common chronic conditions

Choice of Every Meal, Every Delivery*

Delivery to Any Address – No matter how remote

Compassionate Customer Service

How it Works

1

After you are discharged from an approved inpatient hospital or skilled nursing facility stay you will get a phone call from Mom's Meals to review the meal benefit and discuss delivery times.

2

Meals are delivered to your home. This benefit covers two meals per day for up to 14 days at no extra cost to you.

*Initial deliveries will have a variety of meals based on dietary preferences.

Choosing **HEALTH,** **NOURISHING** Happiness

Mom's Meals offers menus that meet the nutritional requirements for most major health conditions.



Heart Friendly



Diabetes Friendly



Vegetarian



Protein+



Lower Sodium



Pureed



General Wellness



Renal Friendly



Gluten Free



Halal



Kosher

Sample Menu*

BREAKFAST

BREAKFAST SANDWICH
and Fruit Crisp

COLBY CHEESE OMELET
with French Toast Sticks
and Turkey Sausage

LUNCH

BEEF STEW
with Cornbread

PORK STIR FRY RICE
and Spiced Fruit Medley

DINNER

CHEESE LASAGNA
with Marinara Sauce
and Fruit Crisp

**BBQ CHICKEN WITH
POTATO MEDLEY**
and Seasoned Green Beans



*Mom's Meals continues to help me heal.
After my surgery, I was told to stay off my
feet. Thanks to the ease of your meals,
I have been able to do so. I LOVE IT!*

- Happy Customer

*Meals/menu availability are dependent on plan benefit.

Mom's Meals® is an independent company that provides meals to Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Cross) Medicare Advantage plan members.

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

Call **1-800-711-9865 (TTY: 711)**
Monday-Friday 8am - 8pm Central
Time to reach a Blue Cross Medicare
Advantage Customer Service
representative if you have questions
regarding this benefit.