



Mom's Meals

Better health begins with the meals we eat.

At Care N' Care (HMO/PPO), we recognize the importance of having access to the right nutrition, which is why we have partnered with Mom's Meals.

Whether recovering from a stay in the hospital or skilled nursing facility or managing a chronic condition, we ensure you get the nutrition you need for better health.

The benefit is only eligible to members post discharge and under care management with certain chronic conditions including AIDS, asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure, coronary artery disease, diabetes, hypertension, and chronic kidney disease (CKD).

Chronic Conditions

- Beneficiaries may receive a maximum of 3 meals a day up to 2 weeks per year per condition.

Post-Discharge

- Immediately following surgery or inpatient hospitalization, beneficiaries may receive 3 meals per day for up to 2 weeks, up to 2 discharges per year.

Health-Specific Menus

Dietitian designed to support the nutritional needs of most common health conditions

Reliability

High quality, refrigerated meals arrive at your home when you need them the most

Simple

Meals last for 14 days in the fridge—just heat, eat and enjoy in 2 minutes or less

How it Works

- Contact your case manager or health plan
- Case manager or health plan will provide paperwork to Mom's Meals
- Meals are delivered to your home

The Right Nutrition

Menus tailored to meet the needs of most major health conditions.



Heart-Friendly



Gluten Free



Lower Sodium



Renal-Friendly



Cancer Support



Pureed



Diabetes-Friendly



General Wellness



Vegetarian



Have Questions or Need Assistance? Contact your Customer Experience Team.



1-877-374-7993 (TTY 711) October 1 - March 31, 8 a.m. to 8 p.m., CST, seven days a week or April 1 - September 30, 8 a.m. to 8 p.m., CST, Monday through Friday.



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