



Healthy meals, care that heals

Nourishment that supports your recovery and ongoing health



The healthy meals benefit

You can now enjoy fresh, no-cost meals delivered at your doorstep up to 14 meals per qualifying event (2 per day for 7 days), available up to 4 times a year (totaling 56 meals).

You qualify for this benefit if you've

- Recently been discharged from hospital, rehab or skilled nursing facility (SNF)
- OR**
- Have a Chronic condition* with higher hospitalization risk and require intensive care coordination.

Post discharge meal benefit

Nutritious meals to support your recovery post hospitalization or overnight stay in a hospital, skilled nursing facility (SNF), or rehab facility.

Post-discharge meal request process

- After you leave the hospital/SNF, we send your info to Nations, to start outreach and scheduling.**
- Your Care Manager/Anthem Member Service Reps. can also request the benefit.

Chronic meal benefit*

Nutritious meals as part of overall care plan to help manage your condition, so you can focus on feeling better.

Chronic meal request process

- Call Member Services to request your chronic meal benefit.
- Your health plan will make a decision and will contact your provider if additional information is needed.
- You will be notified by mail [within a set turnaround time].

Meal options

Nations (vendor partner) offers a variety of fresh, never-frozen, chef-prepared meals.

The menu includes:

General Wellness

Diabetic

Lower-Sodium

Vegetarian

Kosher

Renal Friendly

Pureed

The menu is curated by Nations Executive Chef and approved by their in-house Registered Dietitian Nutritionist (RDN).

Food allergies & labeling

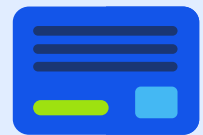
- Nations Benefit meal plans adheres to protocols for 9 major allergens (milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame).
- Each meal label lists ingredients, nutrition facts, and allergens;
- Share your allergies during scheduling so your menu can avoid those items.

Delivery & storage

- Once approved, all meals arrive in one delivery by FedEx, no signature or home presence required.
- Meals are perishable; refrigerate immediately.

Inquiry or issue with the meals delivered

For questions about eligibility, approval, scheduling, allergies, delivery, or meal quality, call the Member Services number on reverse side of your ID card [Member Services HOO].



**You may qualify for SSBCI if you have a high risk for hospitalization and require intensive care coordination to manage chronic conditions such as Chronic Kidney Diseases, Chronic Lung Disorders, Cardiovascular Disorders, Chronic Heart Failure, or Diabetes. For a full list of chronic conditions or to learn more about other eligibility requirements needed to qualify for SSBCI benefits, please refer to Chapter 4 in your plan's Evidence of Coverage.*

***Members on the official "do-not-call" list are excluded from automated outreach; your Care Manager or Anthem Member Service Reps. can submit a referral if you qualify.*



Anthem Blue Cross is the trade name of In California: Blue Cross of California, Anthem Blue Cross Partnership Plan, Anthem BC Health Insurance Company and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. In 11 northeastern counties of New York: Anthem Blue Cross is the trade name of Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc. In these same counties Anthem Insurance Companies, Inc., dba Anthem Blue Cross Retiree Solutions and Anthem Blue Cross HP is the trade name of Anthem HP, LLC. Independent licensees of the Blue Cross Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.

Y0114_26_3021647_0000_I_C

1092083MUMENMUB