



# Recover at Home with Fresh Meal Delivery

After a hospital stay, getting the right nutrition is key to your recovery. That's why MVP works with NationsMarket™ to bring fresh and healthy meals right to your door.

As part of your MVP plan, you can get 14 meals delivered to your home, after a hospital or skilled nursing facility stay. These meals can support your recovery and overall wellness.

## NationsMarket offers menu options to fit your lifestyle and dietary needs:

- ➞ Diabetes-Friendly
- ➞ Lower-Sodium
- ➞ Pureed Foods
- ➞ Renal-Friendly
- ➞ Vegetarian
- ➞ Kosher

## Meals You Can Feel Good About

With NationsMarket, get meals that are:

- ✓ Made fresh, never frozen, and have the nutrition you need to feel your best
- ✓ Developed by chefs and approved by registered dietitians
- ✓ Delivered in eco-friendly packaging that keeps them fresh until you're ready to enjoy

## How it Works

1. Speak with an MVP Care Manager to review your menu options and start your order. Call us at **1-866-942-7966** (TTY 711), Monday–Friday, 8:30 am–5 pm, to get started
2. NationsMarket will contact you to confirm your order
3. Get 14 meals delivered to your door

MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. This benefit is not included with all MVP plans. Review your Evidence of Coverage to confirm whether your plan has this benefit.

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