

# Improving life through better nutrition at home

At MVP Health Care® (MVP), we recognize the importance of having access to the right nutrition, which is why we have partnered 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

- A member of the MVP Case
  Management Team will call
  after you are discharged from
  the hospital
- 2 Mom's Meals will conduct a Welcome Call to confirm your order
- Fourteen meals are delivered to your home



# RISHING Happiness Sample Menu\*

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







Heart-Friendly

Diabetes-Friendly

Vegetarian







Cancer Support

Lower Sodium

Pureed







General Wellness

Renal-Friendly

Gluten Free

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

Health and Wellness or Prevention Information

\*Meals/menu availability are dependent on plan benefit.

### **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

For more information, contact MVP Case Management at 1-866-942-7966 Monday-Friday, 8:30 am-5 pm (TTY 711)





MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract.

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