# MOM'S MEALS°



# Better Health Begins with the Meals We Eat

At Mom's Meals<sup>®</sup>, our programs are tailored to your needs. When recovering from a hospital stay, we ensure you get the nutrition you need for better health at every stage in life.

#### **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 within minutes

### How it Works

- Your MVP Case Manager will call after you are discharged from the hospital
- 2 Mom's Meals will conduct a Welcome Call to confirm your order
- 3 Fourteen meals are delivered to your home

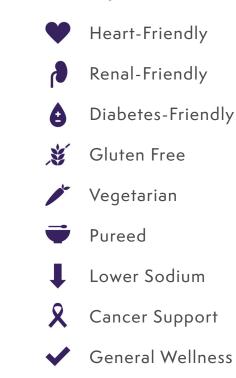
## Sample Menu

Your well-being is important to us. Meal by meal, bite by bite, we are with you to provide the nutrition you need.

BREAKFAST	LUNCH	DINNER
FRUIT BREAKFAST PIZZA and Turkey Sausage	BEEF STEW and Corn Bread	CHEESE LASAGNA and Spiced Fruit Crisp
HAM, EGG & CHEESE SCRAMBLE and Peaches with Cherries	BBQ PULLED PORK SANDWICH and Potato Salad	TURKEY BREAST WITH WILD RICE and Spiced Fruit Medley
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# The Right Nutrition

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



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



Contact MVP Health Care<sup>®</sup> for more information. 1-800-665-7924 (TTY: 1-800-662-1220) Seven days a week, 8 am-8 pm, Eastern Time. April 1-September 30, call Monday - Friday, 8 am-8 pm.