

IMPROVING LIFE THROUGH BETTER NUTRITION AT HOME.



We believe food is more than fuel; it's a form of care. At Mom's Meals®, we deliver nutrition solutions that are not only nourishing but thoughtfully prepared to satisfy real tastes and real lives – and we deliver these meals with the compassion and personal service that has become the hallmark of Mom's Meals.

Is Mom's Meals right for someone you know?

- ✓ Been too tired to prepare food?
- ✓ Skipped a meal or eaten a snack instead of eating a full meal?
- ✓ Needed meal or grocery assistance?
- ✓ Eaten the same meal several times per week?
- ✓ Unexpectedly lost or gained weight?
- ✓ Been diagnosed or have medical issues such as increased blood sugars/elevated A1C?
- ✓ Needed to pay bills instead of purchasing food?
- ✓ Started eating less due to problems chewing, swallowing or other reasons?
- ✓ Been in the hospital or the emergency room several times within the last six months?
- ✓ Had a long-lasting wound that affects daily living?



Contact Mom's Meals at
866-971-6667 or order
online at momsmeals.com



MOM'S KNOWS HEALTHIER LIVING

Nutrition Delivered Direct To Your Home

As a trusted nutrition solutions provider, Mom's Meals has been helping people live healthier lives at home for decades. Our solutions meet specific dietary needs, taste great and reliably reach homes others cannot. We improve health outcomes and bring comfort and dignity to those who need it most.

How to access our food as medicine solutions

Food as medicine is an approach that delivers comprehensive nutrition support to keep individuals well-nourished and independent. It promotes consistent access to evidence-based solutions – delivered with compassion and in collaboration with health care and community partners. Our integrated solutions include medically tailored meals, nutrition counseling and education and other nutrition support services.

1 Medicaid Members, Older Americans Act or PACE Program Participants

We offer meals to eligible clients of all ages to help maintain health and independence at home. Clients choose meals from an array of options based on preferences and needs.

Individuals and caregivers should visit momsmeals.com/how-to-qualify and select your state to determine eligibility requirements for specific programs.

2 Medicare Advantage Recipients

Some Medicare Advantage health plans offer medically tailored meals as part of a covered benefit. A person may be eligible if they:

- Have one or more chronic health conditions
- Are a patient discharging from a hospital or skilled nursing facility

Individuals or caregivers should consult their health plan coverage manual to determine eligibility.

3 Purchase Meals Direct

Individuals who do not qualify for any covered benefit programs can still purchase direct from Mom's Meals.

Individuals and caregivers can count on:

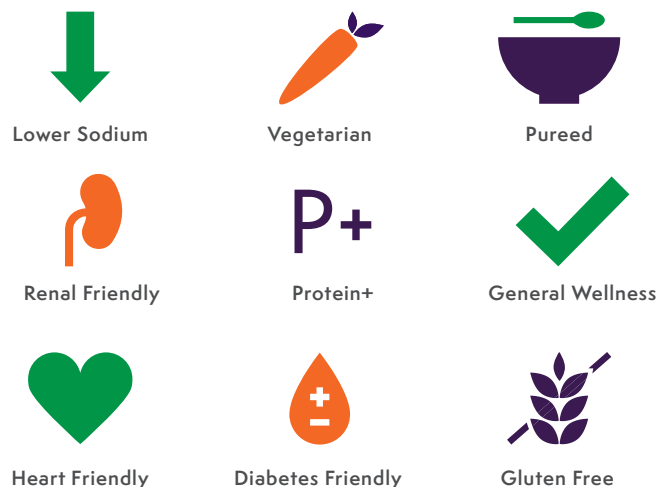
- Service that starts quickly
- Meals to help care for a loved one from near or far
- Peace of mind that they or their loved ones are eating well

Priced at \$9.49 or less per meal, clients also have a wide range of ways to customize each order. And with subscribe and save, clients enjoy 10% off, free shipping and no long-term commitment.



Eat Healthier and Manage Conditions Easier

Designed by professional chefs and registered dietitians, our meals align with evidence-based dietary guidelines and focus on balanced portions of lean proteins, grains, vegetables and fruits.



Get Started
momsmeals.com

