



**MOM'S
MEALS®**



Better Health Begins with the Meals We Eat

At Mom's Meals®, our programs are tailored to your personal needs. Whether after a hospital stay or managing a health condition, we make sure you get the nutrition you need for better health at every stage in life.

Menus Tailored For You

Designed to support the needs of most common health conditions.

Reliable

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 in 2 minutes or less.

How it Works

- 1** Contact UHC by calling (763) 292-6472
- 2** A UHC staff member will sign you up with Mom's Meals.
- 3** Meals are sent 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

FRUIT BREAKFAST PIZZA
and Turkey Sausage

**HAM, EGG & CHEESE
SCRAMBLE**
and Peaches with Cherries

LUNCH

BEEF STEW
and Corn Bread

**BBQ PULLED PORK
SANDWICH**
and Potato Salad

DINNER

CHEESE LASAGNA
and Spiced Fruit Crisp

**TURKEY BREAST WITH
WILD RICE**
and Spiced Fruit Medley

The Right Nutrition

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

-  Heart-Friendly
-  Renal-Friendly
-  Diabetes-Friendly
-  Gluten Free
-  Vegetarian
-  Pureed
-  Lower Sodium
-  Cancer Support
-  General Wellness

// *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

**MOM'S
MEALSSM**

Contact UHC at (763) 292-6472
Monday to Friday 8 am to 5pm
or email uhchealthed@uhc.com

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, 7 a.m. – 7 p.m., Monday – Friday.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-270-5785, TTY 711.**

注 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 意：如果 **1-866-270-5785, TTY 711**。