



**Better Health Begins with
the Meals We Eat**

Your Partners in Nutrition.

Mom's Meals® and UnitedHealthcare are working together to bring you tasty meals delivered with care.

At UnitedHealthcare, your well-being is our primary concern. That's why we work with Mom's Meals to deliver well-balanced, tasty, high-quality meals right to your home. We hope you enjoy these nutritious meals specifically created to help ensure you're getting the nutrition you need.



With Mom's Meals you'll enjoy:

- **Nutritious meals.** The culinary team at Mom's Meals utilizes high-quality ingredients to create well-rounded dishes designed to not only taste great, but to be nutritious as well.
- **Healthy choices.** Everyone has different tastes when it comes to food. That's why Mom's Meals lets you choose – so you get the nutrition you need with meals you'll enjoy eating.
- **Easy-to-prepare options.** Mom's Meals are fully-prepared, refrigerated meals so all you have to do is place them in the microwave and follow the heating instructions.
- **Delivery right to your home.** When your Mom's Meals package arrives, simply put the meals in the refrigerator – they'll last up to 14 days from delivery.

Healthy eating is important to your overall well-being. We hope that these delicious, easy-to-cook meals delivered to your home from UnitedHealthcare and Mom's Meals help you get the nutrition you need right in the comfort of your home.

If you have any questions, please call Customer Service at the number on the back of your member ID card. If you have any questions about this meal delivery or your meal selections, call 1.855.428.6667 Monday - Friday from 7 a.m. - 6 p.m.

In good health,

The UnitedHealthcare® team.

It is All About You

Storing & Preparing Your Meals

MEAL STORAGE

- When you get your meals, put them in the fridge. Store them at or below 40° F.
- Our special packaging helps meals last for 14 days in the fridge.
- Each meal has a “Use By” date on it.
- Keep fruits and side dishes in the front of the fridge. Do not store them near the freezer.

PREPARING YOUR MEAL

Ready for a meal? Just follow the simple heating steps. Cook the meal in its tray in the microwave or the oven.

Basic Tips:

- Heat your meal until steaming hot or 165° F.
- Do not use a toaster oven to heat meals.
- Meals are best when heated right from the fridge.
- If you freeze your meals, ALWAYS thaw them overnight in your fridge. Then microwave the meal for best results.

MICROWAVE HEATING:

- Pierce or peel back plastic film covering each part of tray.
- Follow the heating steps on the meal label.

STANDARD OVEN HEATING:

- Take plastic film off the tray.
- Place the meal on a cookie sheet. DO NOT put the meal right on the oven rack.
- Heat at 350° F for 15-20 minutes.

Promptly place sealed leftovers in refrigerator.



Cooler

Our packaging is made from recycled supplies to be “green” while making sure your meals are kept at a safe temperature until they arrive at your home. Reducing and reusing our packing supplies is our goal and we encourage you to further recycle. Check the rules in your area.

Recycling Tips – The Styrofoam, cardboard and meal tray can all be reused, recycled or may be thrown away with household trash.

Gel Bag Disposal – Made of FDA approved food-grade elements. Re-freeze or get rid of curbside. DO NOT CONSUME. DO NOT put down your sink drain as it may cause clogs.





At UnitedHealthcare, we are committed to your health which is why we work with Mom's Meals to provide the highest quality refrigerated meals; prepared, packaged and delivered with care.

If you would like to begin purchasing Mom's Meals to help manage your nutritional needs, you can receive a discount. Simply call 1.877.402.3137 Monday - Friday from 7 a.m. - 6 p.m. or go online to momsmeals.com/UHC and order.



Plans are insured through UnitedHealthcare® Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare approved Part D sponsor. Enrollment in these plans depends on the plan's contract renewal with Medicare.

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