



Post-Discharge Meal Delivery Benefit to Support Your Recovery



After a hospital or skilled nursing facility stay, having healthy meals at home can help with recovery.

Your group retiree Medicare Advantage plan offers home-delivered meals for eligible members after an inpatient discharge.

Covered Meal Delivery Services

What this benefit provides:

- Meals designed by dietitians to support recovery
- Simple to prepare — heat and eat in 2 minutes or less
- Meals stay fresh for up to 14 days in the refrigerator

Eating healthy meals can improve your overall health¹:

- Brain and memory function
- Heart health
- Bone strength
- Muscle tone
- Immunity
- Digestion
- Mental health and well-being



How to get started:

Call the Customer Service number on the back of your member ID card after your hospital discharge. A Customer Service representative will explain eligibility and next steps.

¹ "Nutrition for Older Adults: Why Eating Well Matters as You Age." Cleveland Clinic, 7 July 2023, health.clevelandclinic.org/how-to-age-better-by-eating-more-healthfully.

Not all plans cover all services. Read your plan documents for details or call Customer Service if you have questions about your coverage.

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