



Fuel your recovery with meals



Get Mom's Meals[®] delivered to your home.

Medical recovery can take a lot out of you. In the days and weeks of recovery, your body's dietary needs are critical to getting back on the road to wellbeing. Sometimes, that is often easier said than done.

Excellus BlueCross BlueShield would like to help support your recovery process by offering to have healthy and balanced meals delivered to your home through our vendor, **Mom's Meals** – a national provider of fully prepared, refrigerated home-delivered meals.

About your Mom's Meals benefit:

- Members can receive up to 2 home-delivered meals per day for 7 days following an observation, inpatient acute or skilled nursing facility stay.
- Meals can be received up to 30 days after discharge.
- Program menus offer meal options that taste great and can be tailored to meet your nutritional needs, such as lower sodium, diabetes-friendly, and heart-friendly diets.
- There is no cost to you and no limit on the number of times the benefit can be used during the calendar year.

* This benefit is not included in all plans.



A Care Manager will contact you by phone and mail when you're eligible for meals. To request your delivery of meals, you can contact our Care Management team within 30 days of discharge by calling 1-877-222-1240 (TDD/TTY: 711). Representatives are available Monday through Friday, 8:30 a.m. - 4:30 p.m.

Excellus BlueCross BlueShield is a nonprofit independent licensee of the Blue Cross Blue Shield Association.

Excellus BlueCross BlueShield is an HMO and PPO plan with a Medicare contract. Enrollment in Excellus BlueCross BlueShield depends on contract renewal.

Mom's Meals is an independent company that provides home delivered meals and nutritional services to Excellus BCBS members. * **This benefit is not included in all plans.**

This information is not a complete description of benefits. Call **1-877-883-9577 (TTY: 711)** for more information.

Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-883-9577 (TTY: 711).

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 1-877-883-9577 (TTY: 711)。

