



# Improving life through better nutrition at home

At MVP Health Care® (MVP), we recognize the importance of having access to the right nutrition, which is why we have partnered with Mom's Meals®.

When recovering from a stay in the hospital or skilled nursing facility, we ensure you get the nutrition you need for better health at every stage in life.

## Our Difference

**Refrigerated** – Ready to heat, eat and enjoy in minutes

**Medically Tailored** – Supports the needs of most common chronic conditions

**Choice of Every Meal, Every Delivery\***

**Delivery to Any Address** – No matter how remote

**Compassionate Customer Service**

\*Initial deliveries will have a variety of meals based on dietary preferences.

## How it Works

- 1** MVP Case Managers are ready to help review your menu options and place your order. Call us at 1-866-942-7966 to get started
- 2** Mom's Meals will conduct a Welcome Call to confirm your order
- 3** Fourteen meals are delivered to your home



# Choosing HEALTH, NOURISHING Happiness

Mom's Meals offers menus that meet the nutritional requirements for most major health conditions.



Heart-Friendly



Diabetes-Friendly



Vegetarian



Protein+



Lower Sodium



Pureed



General Wellness



Renal-Friendly



Gluten Free



*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*

\*Meals/menu availability are dependent on plan benefit.

Health and Wellness or Prevention Information

MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract.

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## Sample Menu\*

### BREAKFAST

**BREAKFAST SANDWICH**  
and Fruit Crisp

**COLBY CHEESE OMELET**  
with French Toast Sticks  
and Turkey Sausage

### LUNCH

**BEEF STEW**  
with Cornbread

**PORK STIR FRY RICE**  
and Spiced Fruit Medley

### DINNER

**CHEESE LASAGNA**  
with Marinara Sauce  
and Fruit Crisp

**BBQ CHICKEN WITH  
POTATO MEDLEY**  
and Seasoned Green Beans

For more information, contact  
MVP Case Management at  
1-866-942-7966 Monday-Friday,  
8:30 am-5 pm (TTY 711)

**MOM'S  
MEALS**

**MVP**  
HEALTH CARE

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