

# Post-Discharge Meal Delivery



The Post-Discharge Meal Delivery benefit helps **ensure proper nourishment after an inpatient hospitalization** through medically-tailored meals that may help **improve quality of life**.

**\$0 copay**

**28 home-delivered meals**

**After an inpatient hospitalization or skilled nursing facility (SNF) stay**

## Why UnitedHealthcare?



Meals support recuperation and independence to help quality, in the home living and may reduce rate of hospital readmission.



Meals are ready to reheat and eat (no prep, no cooking and no cleanup) and focused on general wellness. Meals can be tailored to meet specific health needs/culture requests including diabetes-friendly, lower-sodium, heart-friendly, renal-friendly, vegetarian, gluten-free, pureed options and kosher.



Delivery available to all rural and urban areas in all 50 states.

## How does it work?

- Eligible Medicare Advantage, including Dual Eligible Special Needs Plan, members who have a qualifying inpatient hospital or SNF stay may opt into the benefit by calling the number on the back of their UnitedHealthcare UCard®.
- Meals are provided by Mom's Meals.
- Members can request meals based on their health conditions and nutritional needs
- 28 meals (two boxes of 14 meals) are shipped in cold boxes.
- Meals can be refrigerated for up to two weeks or frozen to last longer.

## How can you support your eligible members?

- Help members know what to expect for 2025 and how to get the most out of their benefits.
- Encourage members **to call the number on the back of their UCard to order meals**.
- **Remind members that meals will be shipped from Mom's Meals in cold boxes and delivered within 72 hours of the order.**

