



MOM'S  
MEALS®

# Improving life through better nutrition at home

At HAP, 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, 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**

## How it Works

- 1 Receive call from HAP within 2 days of discharge asking if you would like meal delivery\*\*
- 2 Select meal options and confirm the delivery location
- 3 Receive meals in 2 shipments beginning 2 days after confirmation

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

\*\*Members are not eligible for meals after every hospital stay, the member must be discharged to their home or into a home health care program. Members discharged to a skilled nursing facility or other program are not eligible for this benefit.



# 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



Halal



Kosher

If you wish to continue receiving meals following your post-discharge benefit, you can do so by contacting Mom's Meals directly.

You may order 10, 14 or 21 meals, the price will be the current retail rates as of the order date and the price of shipping within the Continental U.S. is included.

To order, call 1.877.347.3438, or order online: [MomsMeals.com/HAP](https://MomsMeals.com/HAP). Use code: HAP.

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

Benefit must be initiated within 30 days of discharge. 2 meals per day for a total of 14 days per discharge. (2 discharges per year)

Not covered on: 011, 016, 015, 028 or 029. Health Alliance Plan (HAP) has HMO, HMO-POS, PPO plans with Medicare contracts. HAP Medicare Complete Duals (HMO D-SNP) is a Medicare health plan with a Medicare contract and a contract with the Michigan Medicaid Program. Enrollment depends on contract renewals.

Health Alliance Plan (HAP) has HMO, HMO C-SNP, HMO-POS, PPO plans with Medicare contracts. HAP Medicare Complete Duals (HMO D-SNP) and HAP Medicare Complete Assist (PPO D-SNP) are Medicare health plans with a Medicare contract and a contract with the Michigan Medicaid Program. Enrollment depends on contract renewals.

## 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

