Health Alliance Plan®

by Henry Ford Health



Nutritious meals for better health

We recognize the importance of having access to the right nutrition, which is why we have partnered with Mom's Meals®.

Get the nutrition you need to help feel your best when recovering from a hospital stay.

What we deliver

- **Refrigerated meals,** ready to heat, eat and enjoy in minutes
- **Medically tailored nutrition** that supports the needs of most common chronic conditions
- **Choice of every meal,** every delivery*
- **Home delivery to any address, no matter where you live**
- **Compassionate** customer service







How it works

Receive call from Health Alliance Plan within 2 days of discharge asking if you would like meal delivery**

Select meal options and confirm the delivery location

Get meals delivered in 2 shipments starting 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	Protein+	General wellness		
Diabetes-friendly	Lower sodium	Renal-friendly		
Vegetarian	Pureed	Gluten free	Halal	Kosher

MOM'S MEALS®

If you'd like to continue receiving meals following your post-discharge benefit, you can contact Mom's Meals directly.

You can order 10, 14 or 21 meals. You will be charged the current retail rates as of the order date. Shipping within the continental United States is included.

To order, call 1.877.347.3438, or order online: MomsMeals.com/HAP. Use code: HAP.

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

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

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

Not covered on: 008, 011, 016, 015, 028, 029.

Health Alliance Plan of Michigan has HMO, HMO C-SNP, HMO-POS and 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.

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