



# Improving life through better nutrition at home

**At Group Health Cooperative of Eau Claire, we recognize the importance of having access to the right nutrition, which is why we have partnered with Mom's Meals®.**

When managing a chronic condition, 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

Member can receive 28 meals for 14 days after discharging from a hospital stay. There is no annual limit to the number of discharges after which meals may be provided.

- 1 Your Care Team will refer qualified members for meal delivery
- 2 Call Member Services if you have questions about this benefit or if you would like to be assessed for eligibility for this benefit
- 3 Meals are delivered to your home

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



# Choosing **HEALTH,** **NOURISHING** Happiness

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



Heart Friendly



Diabetes Friendly



Vegetarian



Cancer Support



Lower Sodium



Pureed



General Wellness



Renal Friendly



Gluten Free

If you have any questions, please call:

**Group Health Cooperative of Eau Claire**  
1-800-460-4641 (TTY 711)

#### Hours of Operation

- October 1 – March 31, 8 AM to 8 PM, 7 days a week.
- April 1 – September 30, 8 AM to 8 PM, Monday through Friday.

## 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

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



Cooperative Advantage is a HMO D-SNP plan with a Medicare contract.  
Enrollment in Cooperative Advantage depends on contract renewal.

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