

# Get fresh, nutritious meals delivered to your home at no charge

Your plan covers 84 meals



As a Kaiser Permanente Medicare health plan group member, you can get fresh, healthy meals delivered to your home immediately following an inpatient stay at a hospital or skilled nursing facility. And all at no cost.

## How does the meal plan work?

- After discharge from an inpatient stay at a hospital or skilled nursing facility, your discharge team will refer you for meal delivery to your home.
- A representative from the meal provider will call you to talk about available menu options and schedule delivery.
- You can choose from over 70 entrees to support your dietary needs, including heart-healthy, diabetic-friendly, gluten-free, and more.
- You can get 3 meals per day for up to 4 weeks, for a total of 84 meals.\*

## What can you expect?

Every meal is:

- Designed by a dietitian to be nutritionally complete and delicious.
- Prepared with fresh, high-quality ingredients.
- Delivered in a climate-controlled cooler.
- Ready upon delivery – all you have to do is heat and enjoy.
- Able to remain fresh in the refrigerator for 14 days.

## Menu options include favorites like:

### Breakfast

- Sausage, Egg, and Cheese Breakfast Burrito
- Buttermilk Pancake with Egg
- Cheese Omelet with Waffle and Syrup
- Cinnamon Apple Oatmeal with Scrambled Eggs

### Lunch/Dinner

- BBQ Chicken with Potatoes
- Salisbury Steak with Gravy and Mixed Vegetables
- Three-Cheese Ravioli with Garlic Butter Sauce
- Sweet and Sour Chicken with Stir-Fry Vegetables

## Who can use this benefit?

- You must be a Kaiser Permanente Medicare health plan member covered under your employer group.
- You receive a referral from your discharge team upon discharge from a hospital or skilled nursing facility.
- You're discharged to go home and not to another inpatient or skilled nursing facility.
- You're home immediately following an inpatient stay at a hospital or skilled nursing facility. Members discharged from the Emergency Department, same-day surgery (without a hospital admission), or observation don't qualify to use the benefit.



If you have questions or to learn more about the meal delivery benefit, call the Member Service Contact Center at **1-800-443-0815 (TTY 711)** seven days a week, 8 a.m. to 8 p.m.

\*Meal benefit is only available once per calendar year. Meals can be delivered to any home in your Kaiser Permanente Medicare health plan service area. Menus are subject to change. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.