

# Prepared Meals Benefit Overview



Broker use only.

**Senior Care Plus** has partnered with **NationsBenefits®** to give members a prepared meals benefit that can help them get the nutrition needed to maintain a well-balanced diet. The benefit includes a variety of prepared meals with home delivery, at no additional cost.

## THE BENEFIT INCLUDES:



### Meals with the Highest Quality Ingredients

*Tailored to members' needs, prepared meal categories include but are not limited to:*

- Diabetic
- General Wellness
- Gluten Free
- Low-Sodium
- Vegan
- Vegetarian



### Premier Service

*Going above and beyond members' expectations with:*

- 24/7/365 access to a dedicated team of Member Experience Advisors
- Two to three-day home delivery at no additional cost
- Ready to eat meals with heating instructions and nutritional information



### Convenient Ordering Options

*[Case managers or care coordinators] have two easy ways to place an order for eligible members:*



**PHONE**  
877-200-4189 (TTY: 771)]



**ONLINE**  
Meals.NationsBenefits.com

**PLEASE NOTE:** Only a Care Manager can order meals on your behalf.

# Why Eating Healthy is Important

The right diet and balance of healthy foods can help improve<sup>1</sup>:



Mental Acuteness



Energy Levels



Resistance to Illness

## PLAN INFORMATION

PBP Number	Plan Name	Number of Meals	Frequency
H2960-024	Extensive Duals Plan	2 meals per day	For 7 days after discharge

For questions, members can call 877-200-4189 (TTY: 711)  
or contact their care manager.

Member Experience Advisors are available 24 hours per day, 7 days per week, 365 days per year.  
Language support services are available free of charge.

Senior Care  
Plus 

**nations** benefits

<sup>1</sup>“Eating Well as You Age.” HelpGuide.org