

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

Your plan covers 84 meals

## How does the meal plan work?

- Upon discharge from an inpatient stay at a hospital or skilled nursing facility, your care 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 to 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 by a chef 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 service?

- You must be a Kaiser Permanente Medicare health plan member covered under
- You receive a referral from your care team upon discharge from a hospital or skilled nursing facility.
- You are discharged to go home and not to another inpatient or skilled nursing facility.



To learn more about this no-cost meal delivery service, call the Member Service Contact Center at **1-800-443-0815 (TTY 711)**.

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Meal service is only available once per calendar year. Meals can be delivered to any home in your Kaiser Permanente 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. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.