



# Meals at HOME



Get home-delivered meals after leaving the hospital

With your Aetna Medicare Advantage plan, you can get freshly prepared meals delivered to your home after a qualifying inpatient hospital or skilled nursing facility (SNF) stay—**at no additional cost**. This new meal benefit lets you stay focused on recuperating, while getting good nutrition.

Aetna® has teamed up with NationsMarket™ to provide delivery of nutritious meals to members' homes. They deliver freshly made high-quality meals to members during this important recovery period.

[AetnaRetireePlans.com](https://www.aetna.com/retireeplans)

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## How many meals can you receive?

The number of meals that you receive depends on your plan. Please refer to your plan benefits summary for more details.



## What are the meal options?

There are six meal plan choices designed to support most common dietary needs. All meals are made with high quality ingredients and approved by a Registered Dietitian Nutritionist (RDN).



## It's easy to get your meals

After you're discharged to your home NationsMarket will call you to:

- Explain the meal benefit
- Discuss any food allergies or dietary restrictions
- Arrange FedEx delivery on the date agreed upon at the time of order.



## Questions?

For more information, call the number on your Aetna® member ID card.

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.

[AetnaRetireePlans.com](https://www.aetna.com/retireeplans)

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