

Meal Delivery



Helping Members Recover and Manage Chronic Conditions

You can receive home-delivered, nutritious meals to help you focus on rest, recovery and managing chronic conditions.

Plan	Benefit	Requirement
Amber (HMO)	28 meals (2 per day for 14 days)	Available post discharge from the hospital and/or for diabetes with high A1C of 8 or more
Ruby (HMO)	14 meals (2 per day for 7 days)	Available post discharge from the hospital and/or for diabetes with a high A1C of 8 or more
Sapphire (HMO-POS)		
Emerald (HMO-POS)		
Summa Health (HMO)		
Summa Health (HMO-POS)		

Available only once per calendar year.

Meals are crafted by chefs and registered dietitians to taste great and nutritionally support you.

General
Wellness

Heart
Friendly

Diabetes
Friendly

Gluten
Free

Vegetarian

Lower
Sodium

Renal
Friendly

Protein+

Pureed

What to Expect When Your Meals are Delivered

- Meals can be shipped to any address, no matter how remote, and will last in the refrigerator for at least 14 days from delivery.
- Meals are ready to heat, eat and enjoy in minutes.
- All for \$0 copay per member.

How to Order Your Meals

Ordering meals is easy as:

Step 1:

Member calls SummaCare Member Services at **800.996.6250** (TTY **711**).

Step 2:

Member provides name, address, phone number, email address (if available) and date of birth.

Step 3:

Member chooses menu type and alerts SummaCare Member Services of any food allergies.



Step 4:

Member receives Welcome Call and meals from Mom's Meals®

That's it! Meals will be delivered to the member's home within three business days.

We ask our members to keep in mind these three very important reminders: Prior to consumption, please be sure to carefully check all individual product packages for the most updated information regarding ingredients and nutritional content for any/all food products, including new and improved items. Food items

may contain or may have been manufactured in a facility that also processes milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat or soybeans. Food items that have been substituted and/or reformulated may contain different ingredients and allergens than those in items originally ordered.

Questions? Please contact SummaCare Member Services at 800.996.6250 (TTY 711)

From October 1 through March 31, a representative will be available to take your call from 8:00 a.m. until 8:00 p.m., seven days a week. From April 1 through September 30, a representative will be available to take your call from 8:00 a.m. to 8:00 p.m., Monday through Friday. Outside these hours, you may leave us a message and a representative will return your call the next business day.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact [MEDICARE.gov](https://www.medicare.gov) or 1.800.MEDICARE to get information on your options. Benefits may vary based on plan selected and county availability. 1.800.MEDICARE is available 24 hours a day, 7 days a week. To speak with a representative, hours are Monday through Friday 7 a.m. to 7 p.m.
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