

Post–Discharge Meal Delivery



The Post-Discharge Meal Delivery benefit helps **ensure proper nourishment after an inpatient hospitalization** through medically-tailored meals that may help **support healthy living**.

\$0 copay

28 home-delivered meals

After an inpatient hospitalization or skilled nursing facility (SNF) stay

Why UnitedHealthcare?



Healthy meals support recuperation by fostering the independence of at-home recovery and may reduce rates of hospital readmission.



Meals are provided by Mom's Meals and are ready to reheat and eat (no prep, no cooking and no cleanup) and focus on general wellness. Meals can be tailored to meet specific health needs/cultural requests including diabetes-friendly, lower-sodium, heart-friendly, renal-friendly, vegetarian, gluten-free, pureed options and kosher.



Delivery available to all rural and urban areas in all 50 states.

How does it work?

- Eligible Medicare Advantage, including Dual Eligible Special Needs Plan, members who have a qualifying inpatient hospital or SNF stay may opt into the benefit by calling the number on the back of their UnitedHealthcare UCard® within 30 days of discharge to start the process.
- Members can request meals based on their health conditions and nutritional needs.
- 28 meals (two boxes of 14 meals) are shipped in cold boxes.
- Meals can be refrigerated for up to two weeks or frozen to last longer.

Note: Not all plans offer this benefit; refer to the Evidence of Coverage for eligibility. Benefit does not apply to outpatient procedures or emergency room observation stays.

How can you support your eligible members?

- Help members know what to expect for 2026 and how to get the most out of their benefits. *(Discussing 2026 plans prior to October 1, 2025, is prohibited.)*
- Encourage members to call the number on the back of their UCard to order meals.
- Remind members that meals will be shipped from Mom's Meals in cold boxes and delivered within 72 hours of the order.

