

Healthy Meals Delivered Straight to Your Doorstep with Mom's Meals

Order from a Broad Menu Created to Support Dietary Needs



Medical Mutual members can now order healthy meals through Mom's Meals. This program can help members get the nutrition they need to support recovery, manage a chronic condition or stay fit with:

- **Refrigerated meals** that last for up to 14 days from delivery
- **Nutritious meals** created by chefs and dietitians to taste great and support dietary needs
- **A wide array of options** to suit your taste preferences and dietary restrictions
- **Nationwide delivery** (not including Alaska or Hawaii)
- **Purchase meals for loved ones** with direct delivery

Meals can be purchased for \$7.99 per meal (\$8.99 for gluten free, pureed or renal meals) and are shipped in coolers containing 10, 14 or 21 meals.

How It Works

1. Place an order online at MomsMeals.com/MedMutual or call 1-877-347-3438 (TTY: 711) and give code MEDMUTUAL. Shipping costs are included in every delivery when using the code.
2. Refrigerated meals are shipped directly to your home in three to five days.
3. Heat, eat and enjoy! Meals are ready in minutes.