



# Members can get home-delivered meals after leaving the hospital

With certain Aetna Medicare Advantage plans, members can get healthy, precooked, frozen meals delivered to their homes after a qualified inpatient hospital stay — at no cost. Members can focus on recuperating, while getting good nutrition with the meal benefit.

Aetna partners with GA Foods and Independent Living Systems (ILS) to have high-quality, nutritious meals delivered to members after they are discharged from an inpatient hospital stay.

## Which plans offer this benefit?

The meal benefit is only available with specific MA/MAPD plans. To find out if a plan offers the meal benefit, check the plan's Evidence of Coverage or Summary of Benefits.

## How many meals can members receive?

It varies by plan, with at least 14 meals provided. To find out how many meals a plan offers, check the plan's documents.

## What are the meal options?

Each meal is packaged in a bento box and includes a chef-inspired entrée (such as pasta, stews and salads), sides, dessert and a drink. Sides may consist of fruit or vegetables. The menu is developed by registered dietitians, so all meals are low in sodium, fat, cholesterol and sugar, and are high in vitamins and minerals. All meals come frozen and are easy to prepare.

## It's easy for members to get their meals

After members are discharged from an inpatient hospital stay:

- They'll get a phone call from GA Foods or ILS to review the meal benefit and discuss delivery time frames
- If the member opts in to receive meals, the meals will be delivered by FedEx, GA Foods or ILS within 48 – 72 hours

## Questions?

For more information, just contact your local Aetna Medicare broker manager.



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