

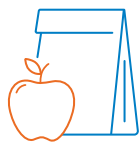
# Nourishing meals delivered right to your employees' doors



Medical recovery can take a lot out of a person. In the days and weeks following a surgery or hospital stay, meeting dietary needs is critical to getting back on the road to wellbeing. However, shopping for and preparing meals is often difficult during this time of healing.

Excellus BlueCross BlueShield helps to support the recovery process by offering to have healthy and balanced meals delivered to your employees homes through our vendor, **Mom's Meals**<sup>®1</sup> – a national provider of fully prepared, refrigerated home-delivered meals.

## About the Mom's Meals benefit:



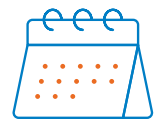
Program menus offer meal options that taste great and can be tailored to meet your nutritional needs, such as lower-sodium, diabetes-friendly, and heart-friendly diets.



Employees can receive up to two home-delivered meals per day for seven days following a hospital observation, or an inpatient acute, an inpatient maternity, or a skilled nursing facility stay.



There is no cost to members and no limit on the number of times the benefit can be used during the calendar year.



Meals can be received up to 30 days after discharge.