



## MEALS ON WHEELS – Coming home from an inpatient stay in the hospital or Skilled Nursing facility? Leave the cooking to Meals on Wheels at no cost to you!

Returning home after an inpatient stay in the hospital or at a skilled nursing facility can offer some special challenges.

Blue Cross of Idaho Care Plus wants to help. Your True Blue Special Needs Plan (HMO SNP) offers up to four weeks of home-delivered lunches and dinners through Meals on Wheels. That's 56 meals!

We've partnered with Meals on Wheels America, an independent nonprofit company, to deliver nutritious meals right to your home. And this valuable benefit comes with a little extra special attention.

### MORE THAN A MEAL®

When you take advantage of your True Blue SNP meal delivery benefit, you'll also get an in-person contact from trained staff and volunteers in your own community to check on you. If you report having issues, they'll alert other care providers to get you additional support. This level of personal attention offers comfort and peace of mind and helps you get back on your feet.

### A FULL MENU

Meals on Wheels offers a wide variety of meals, so you won't have to cycle through the same two meals over and over again. Plus, if you follow a special diet or have food allergies, just let us know.

Beyond tasting good, Meals on Wheels food meets the nutrition guidelines of the Older Americans Act Nutrition Program, so you can be sure you're getting the nutrition you need to help you get and stay healthy.

Your meal delivery service benefit with True Blue SNP will last up to four weeks following discharge from an inpatient hospital or skilled nursing facility stay. During that time, you will receive two nutritious meals per day, for a maximum of 56 meals.

#### **READY TO GET STARTED?**

Contact your Blue Cross of Idaho Care Plus care coordinator to begin receiving the meal delivery service and extra care you need right away.

---

Meals on Wheels America is an independent non-profit organization that partners with Blue Cross of Idaho Care Plus to deliver meals to True Blue HMO SNP members. Meals on Wheels America or its local subcontractors are solely responsible for the products and services they provide.

Blue Cross of Idaho Care Plus, Inc. is a HMO SNP health plan with a Medicare and Idaho Medicaid contract. Enrollment in Blue Cross of Idaho Care Plus, Inc. depends on contract renewal. Blue Cross of Idaho Care Plus, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-495-2583 (TTY: 1-800-377-1363). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-495-2583 (TTY: 1-800-377-1363)。