

MOM'S  
MEALS®



# Improving life through better nutrition at home

Eating nutritious food can make a difference in your health, whether recovering from an illness or injury, managing a health condition, or just looking to stay fit.

Mom's Meals® provides medically tailored, refrigerated meals direct to your home, the home of an aging parent or any address nationwide.



**Refrigerated** - Ready to heat, eat and enjoy in minutes.



**Medically Tailored** - Supports the needs of most common chronic conditions.



**Choice of Every Meal, Every Delivery**



**Delivery to Any Address** - No matter how remote.\*



**Compassionate Customer Service**

## 3 Easy Steps

1

Place your order online at [momsmeals.com/Cigna](https://momsmeals.com/Cigna) or by phone 877.347.3438

2

Refrigerated meals are delivered to your home

3

Heat, eat and ENJOY... meals are ready within minutes

### AVAILABLE TO CIGNA® MEMBERS THROUGH THE HEALTHY REWARDS PROGRAM\*\*

- Starting at \$7.99 per meal
- 10, 14 or 21 meal orders available
- Shipping included (\$14.95 value per order)

\*Continental U.S. only, excludes Alaska and Hawaii.

\*\*Pricing good through the end of 2025.

# Sample Menu

Your well-being is important to us. Meal by meal, bite by bite, we are with you to provide the nutrition you need.

## BREAKFAST

**HAM, EGG & CHEESE  
SCRAMBLE**  
and Peaches with Cherries

**CINNAMON APPLE OATMEAL**  
and Scrambled Eggs

## LUNCH

**BEEF STEW**  
and Corn Bread

**BBQ CHICKEN**  
with Potato Medley and  
Seasoned Green Beans

## DINNER

**CHEESE LASAGNA**  
and Spiced Fruit Crisp

**HOMESTYLE MEATLOAF**  
with Potatoes and Seasoned  
Vegetables

## The Right Nutrition

Menus tailored to meet the needs of most major health conditions.

-  Diabetes Friendly
-  General Wellness
-  Gluten Free
-  Heart Friendly
-  Lower Sodium
-  Protein+
-  Pureed
-  Renal Friendly
-  Vegetarian

*// Mom's Meals continues to help me heal. After my surgery, I was told to stay off my feet. Thanks to the ease of your meals, I have been able to do so.*

*I LOVE IT! //*

*- Happy Customer*



\*The Healthy Rewards discount program is separate from Cigna-administered benefits. A discount program is NOT insurance, and the customer must pay the entire discounted charge. Some programs are not available in all states and programs may be discontinued at any time. Mom's Meals is solely responsible for its products and services and is not an affiliate of Cigna. All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates. "Cigna" and "Healthy Rewards" are trademarks of Cigna Intellectual Property, Inc.