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 or by phone 877.347.3438
2. Refrigerated meals are delivered to your home
3. Heat, eat and ENJOY... meals are ready within minutes

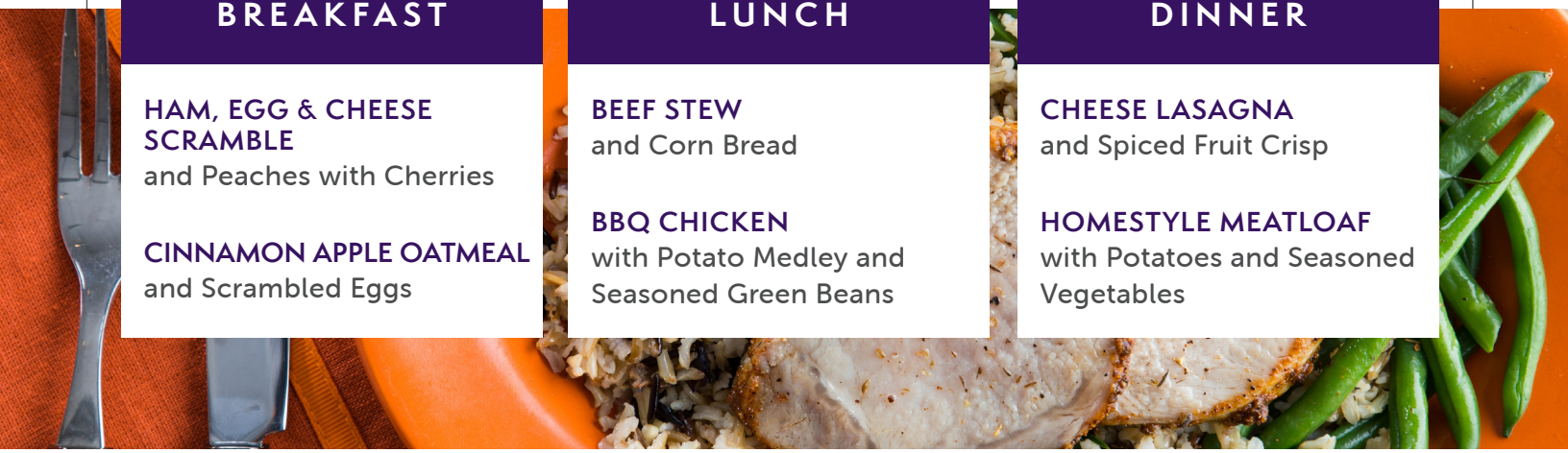
AVAILABLE TO CIGNA® MEMBERS THROUGH THE HEALTHY REWARDS PROGRAM**

- 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 2026.

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	LUNCH	DINNER
HAM, EGG & CHEESE SCRAMBLE and Peaches with Cherries	**BEEF STEW** and Corn Bread	**CHEESE LASAGNA** and Spiced Fruit Crisp
CINNAMON APPLE OATMEAL and Scrambled Eggs	**BBQ CHICKEN** with Potato Medley and Seasoned Green Beans	**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

MOM'S MEALS®

Cigna®

Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.

*Healthy Rewards offers discounts on programs and services designed to enhance health and wellness when Healthy Rewards participating providers are used.

NOTE FOR HI, IA, MD, OH, OR, ND and NM (Group Medical): Healthy Rewards program must not be promoted pre-sale or pre-enrollment to prospective insured clients especially customers in Hawaii, Iowa, Maryland, Ohio, Oregon, North Dakota, and New Mexico. The program information and discounts are to be made available to clients and customers once they enroll in a Cigna Healthcare-administered plan.