

Post-discharge meal program

After spending time in the hospital, eating balanced, nutritious meals may make a difference in your recovery and your overall health. That's why Humana has teamed up with Mom's Meals® to deliver nutritious, tasty meals right to your home when you need them most. Included in your plan at no additional cost to you, the Humana Well Dine program provides 28 meals after an inpatient stay in a hospital or nursing facility. To find out more about this Humana Well Dine meal benefit, call the number on the back of your Humana member ID card.

What you'll receive:

- 28 fully prepared meals made with high-quality ingredients, packed in coolers with gel packs and delivered directly to your home.
- Health-condition menus designed by dietitians, offering something for everyone.
- Diabetes-friendly, gluten-free, heart-friendly, and many other meal options.
- Tasty meals that are ready to heat and eat, and last in the fridge for 14 days from delivery.

The programs and services described are not insurance and are neither contractually offered nor guaranteed. They may be provided by a third party, discontinued at any time, and are subject to geographic availability.

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Scan this QR code

For more information, scan this QR code with your mobile device or visit [Humana.com/home-care/well-dine](https://www.humana.com/home-care/well-dine).

Have questions?

Call Humana Customer Care at the number listed on the back of your Humana member ID card.

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