



Improving life through better nutrition at home

At Western Health Advantage (WHA), we recognize the importance of having access to the right nutrition, which is why we have partnered with Mom's Meals®.

When recovering from a stay in the hospital or skilled nursing facility, we ensure you get the nutrition you need for better health at every stage in life.

Our Difference

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

How it Works

Member can receive 56 meals (14 meals delivered weekly) up to 4 times a year.

- 1 Meals are available to members post-discharge
- 2 Talk to your doctor or hospital discharge planner about a referral, or call WHA Member Services at 888-942-4777 for more information
- 3 Meals are delivered to your home



*Initial deliveries will have a variety of meals based on dietary preferences.

Choosing HEALTH, NOURISHING Happiness

Mom's Meals offers menus that meet the nutritional requirements for most major health conditions.



Heart-Friendly



Diabetes-Friendly



Vegetarian



Cancer Support



Lower Sodium



Pureed



General Wellness



Renal-Friendly



Gluten Free



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

*Meals/menu availability are dependent on plan benefit.

You must continue to pay your Medicare Part B premium. Western Health Advantage is an HMO plan with a Medicare contract. Western Health Advantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Sample Menu*

BREAKFAST

BREAKFAST SANDWICH
and Fruit Crisp

COLBY CHEESE OMELET
with French Toast Sticks
and Turkey Sausage

LUNCH

BEEF STEW
with Cornbread

PORK STIR FRY RICE
and Spiced Fruit Medley

DINNER

CHEESE LASAGNA
with Marinara Sauce
and Fruit Crisp

**BBQ CHICKEN WITH
POTATO MEDLEY**
and Seasoned Green Beans

Contact Western Health Advantage
at 888-942-4777
with any questions

**MOM'S
MEALS**



**westernhealth
ADVANTAGE**