



# Meals at home

Get home-delivered meals after leaving the hospital

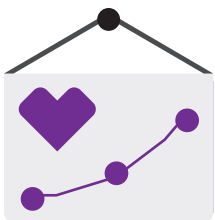
With your Aetna Medicare Advantage plan, you can get healthy, precooked meals delivered to your home after an inpatient hospital stay — **at no extra cost**. This new meal benefit lets you stay focused on recuperating, while getting good nutrition.

Aetna® partners with a vendor called GA Foods® to coordinate this benefit. They deliver high-quality, nutritious meals to members during this important recovery period.

[AetnaRetireePlans.com](https://www.aetna.com/retireeplans)

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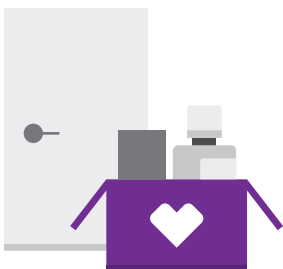
### How many meals can you receive?

You'll get 14 meals — 2 meals a day, for 7 days.



### What are the meal options?

Each meal includes a chef-inspired entrée, such as pasta, stews and salads. They also feature fruit, vegetables and desserts. The menu is developed by registered dietitians so all meals are low in sodium, fat, cholesterol and sugar, and are high in vitamins and minerals. All meals come frozen, or are shelf-stable, and are easy to prepare.



### It's easy to get your meals

After you're discharged to your home from an inpatient hospital stay:

- You'll get a phone call from GA Foods®. On the call, you'll learn about the meal benefit and discuss delivery time frames.
- If you decide to get meals, they will be delivered by FedEx or GA Foods within 48 to 72 hours.



### Questions?

For more information, call the number on your Aetna® member ID card.

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.

[AetnaRetireePlans.com](https://www.AetnaRetireePlans.com)

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