

## Mom's Meals NourishCare

Complimentary Shipping  
(\$14.95 value)



### Moms Meals NourishCare

Getting the right nutrition is essential to achieving and maintaining good health, which is why we've partnered with Mom's Meals. For over 20 years, they have been delivering compassionate customer care and nutritious meals to homes nationwide.

Mom's Meals provides nutritionally balanced, refrigerated, ready-to-heat-and-eat meals direct to your home.

- Refrigerated – Ready to heat, eat, and enjoy in minutes.
- Medically Tailored – Supports the needs of most common chronic conditions and General Wellness
- Choice of Every Meal, Every Delivery
- Delivery to Any Address – No matter how remote.\*
- Compassionate Customer Service

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

Meals remain fresh in the refrigerator for 14 day after delivery. You can select from a menu of over 60 meals so you only purchase what you enjoy most.

### Meal Examples Include:

Chili rubbed beef steak with candied sweet potatoes and sautéed vegetables.

*Side: Bread and pineapple cup*

Lemon herb chicken, wild rice and vegetables.

*Side: Cranberry oatmeal cookie, bread and applesauce*

Ranch Skillet made with eggs, cheese, potatoes.

*Side: Baked apples*

\*\*Mom's Meals NourishCare also offers special menus to accommodate specific health conditions, like heart disease, kidney disease, and diabetes. Lower sodium, gluten free and other health-specific options are also available.

Visit [www.momsmeals.com/RGA](http://www.momsmeals.com/RGA) or call **1-877-347-3438 8** for menu options.

Use **promo code RGA**

**Monday – Friday 7:00 A.M. – 6:00 P.M. CT**

Visit [accessrga.com](http://accessrga.com) and select Oregon to access your RGA Account



**Regence**

*Group Administrators*

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Mom's Meals® is a separate company that provides nutrition solution program. Mom's Meals® does not provide Blue Cross Blue Shield services and is a separate company solely responsible for its products and services.

Mom's Meals® reserves the right to change the program any time without prior notice.