

# Better Health Begins with the Meals We Eat

MOM'S  
MEALS®

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 nutritionally balanced, refrigerated and ready-to-eat meals direct to your home, the home of an aging parent or any address nationwide.

## The Nutrition You Need

Our menus are designed by chefs and registered dietitians to provide seasonal, delicious meals, that support general wellness goals or the specific nutrition needs of common health conditions.

## The Options You Want

You can select every meal, every order from over 70 entrée options. Our professional chefs make seasonal menu updates, using high-quality ingredients.

## The Convenience to Fit Your Life

Entrees are refrigerated and ready-to-eat after just two minutes in the microwave.

Great Solution for Busy People,  
Caregivers and New Moms!



## 3 Easy Steps

- 1 Place your order at 877-347-3438 or online at [momsmeals.com/Cigna](https://momsmeals.com/Cigna)
- 2 Refrigerated meals are delivered to your home.
- 3 Heat, eat and ENJOY... meals are ready in 2 minutes.

## The Right Nutrition

- ♥ Heart-Friendly
- 👤 Renal-Friendly
- ⊕ Diabetes-Friendly
- 🌿 Gluten Free
- 🥕 Vegetarian
- 🍲 Pureed
- ↓ Lower Sodium
- 🎗️ Cancer Support
- ✓ General Wellness

AVAILABLE TO CIGNA® CUSTOMERS THROUGH  
THE HEALTHY REWARDS® PROGRAM\*

- \$6.99/meal (\$7.99 for Pureed)
- 14 meal minimum
- Free shipping!

\*The Healthy Rewards discount program is separate from Cigna-administered benefits. A discount program is NOT insurance, and the customer must pay the entire discounted charge. Some programs are not available in all states and programs may be discontinued at any time. Mom's Meals is solely responsible for its products and services and is not an affiliate of Cigna. All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates. "Cigna" and "Healthy Rewards" are trademarks of Cigna Intellectual Property, Inc.