

## NourishedRx Chronic Condition Nutrition Program

Blue Cross MN is working with NourishedRx to offer a comprehensive nutrition program to support members with one or multiple chronic diseases.

Participating members will engage in a 12-week program, including tailored food delivery, nutrition coaching (up to 4 sessions), health education, and wraparound wellness and social support.

### \*Eligible Members:

- ✓ Blue Cross MN MSHO Members
- ✓ Diagnosis of one (or more) of the following health conditions:  
*Cancer, COPD, CHF, CAD, Diabetes, ESRD, HIV/AIDS, Peripheral Vascular Disease, Rheumatoid Arthritis, Stroke*

*\*Eligible members will be referred and/or will receive outreach from NourishedRx on behalf of Blue Cross MN*

### Expected Program Impacts:

- Improve nutrition security
- Support health equity
- Improve self-reported health outcomes
- Support closure of clinical and social gaps in care
- Improve clinical measures and outcomes

### NourishedRx Contact Information:

For members and care coordinators:

- Customer Service: [food@nourishedrx.com](mailto:food@nourishedrx.com) | 833-440-1230

For Blue Cross MN team members:

- Charlotte Masucci, Customer Success Manager, [charlotte@nourishedrx.com](mailto:charlotte@nourishedrx.com)



### \*Members Receive:

- **Tailored Food Delivery:** A combination of prepared meals, meal kits, and groceries tailored to the member's needs and preferences
- **Care Team Support:** NourishedRx accompaniment, including nutrition coaching, health education, and wraparound wellness and social support
- **Additional Resources:**
  - Self-service resources through the NourishedRx wellness resource library
  - Education materials to help members meet health goals during program and after
  - Connections to public benefit programs and local community resources