



Nourished^{Rx}

NourishedRx Chronic Condition Nutrition Program

NourishedRx is working with Blue Cross and Blue Shield of Minnesota and Blue Plus 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 Plus 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



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

NourishedRx
Contact Information

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<https://www.nourishedrx.com/>





"I'm already excited and doing cartwheels. This is great! It's going to make it so much **easier to continue progressing**. It just takes the **hope factor and times it by one hundred**."

- Blue Plus MN Member

Member expressed how much **he is going to miss our program**, he explained it gave him the **jumpstart and motivation** to start to make the **changes he needed**. He is now **losing weight**, getting in **12,000 steps a day**, and his **A1c went down .4** in the few months we have been meeting. He expressed he is sad to see the program go because it is so valuable to give motivation, expand members' minds nutritionally and nutrition palet.

-NourishedRx Registered Dietitian

Member reports that our program is a **blessing for him**. He is so thankful for it. He reports our food deliveries have **helped him to lose 20lbs** (starting is 330 and now he is 310). He was **shocked about that progress**.

-NourishedRx Registered Dietitian