



## Introducing Mommy Meals

NourishedRx, together with CareFirst Community Health Plan Maryland (CareFirst CHPMD), is excited to introduce a program designed to support your pregnancy with healthy food at no cost to you!

### Here is what you'll enjoy with Mommy Meals:

- Healthy Food Delivered to Your Door: Fresh, nutritious food customized to your needs.
- Custom Nutrition Coaching: Expert guidance from a dedicated nutrition coach.
- Education and Resources: Learn how healthy eating benefits you and your baby.
- Additional Support: We're here to help you every step of the way.

### For more information:

**Visit** [nourishedrx.com/enrollment/mommymeals](https://nourishedrx.com/enrollment/mommymeals)

**Call/Text** 833-428-1488, 8 a.m.–8 p.m. ET

**Email** [mommymeals@nourishedrx.com](mailto:mommymeals@nourishedrx.com)

**Are you between  
20- and 28-weeks  
into your pregnancy?**

Scan the QR Code to start  
your journey to  
better health  
by completing  
a quick  
assessment.



HealthChoice is a Program of the Maryland Department of Health.

CareFirst BlueCross BlueShield Community Health Plan Maryland is the business name of CareFirst Community Partners, Inc., an independent licensee of the Blue Cross and Blue Shield Association. BLUE CROSS<sup>®</sup>, BLUE SHIELD<sup>®</sup> and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

CareFirst BlueCross BlueShield Community Health Plan Maryland complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Spanish: ATENCIÓN: Si usted habla español, tenemos servicios de asistencia lingüística disponibles para usted sin costo alguno. Llame al 1-800-730-8530 (TTY: 711). Chinese: 小贴士：如果您说普通话，欢迎使用免费语言协助服务。请拨 1-800-730-8530 (TTY: 711).