

# Need help eating healthy?



Eating a balanced diet with fruits, vegetables, whole grains, protein, and healthy fats helps our bodies stay healthy and fight off illness. If you have a specific medical condition that would improve with healthy eating habits, our Nutrition Services Benefit can help.

### Nutrition supports available:

- ▶ Assessment for medically tailored meals
- ▶ Medically tailored meals

## Am I eligible?

### To be eligible for nutrition supports, you:

- ▶ Must be a current OHP member.
- ▶ Are not able to get the service through any other means.
- ▶ Have limited or uncertain access to nutritious food.
- ▶ Have a medical need that would benefit from nutritious food.
- ▶ Have a qualifying life situation.

## How do I request nutrition support?



If you meet the eligibility standards listed above, scan the QR code to complete the **Nutrition Supports Request Form**. You can also **call 211info at 866-698-6155** or email [hrrsn@211info.org](mailto:hrrsn@211info.org)

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You can get these materials in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 800-224-4840 or TTY 711. We accept relay calls. You can get help from a certified and qualified health care interpreter.

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