

# Healthy eating and convenience through LifeSpring

Blue Shield is proud to offer the LifeSpring meal delivery program to eligible Trio HMO members who are experiencing a serious illness. This program is available at no additional cost.

LifeSpring provides chef-inspired, prepared ready-to-heat meals\* delivered right to your door. You can choose a meal and snack plan that fits your dietary needs, including Health Conscious, Heart Conscious, Diabetic, Low Sodium, and Renal diets.



## How it works

A Blue Shield Case Manager will determine if you are eligible for the program and, if so, will authorize meal delivery service for you. LifeSpring will then work with you to determine which meal and delivery plan works best for you.



**To find out if you are eligible for the LifeSpring program** or to get more information, please call Shield Concierge at the number listed on the back of your Blue Shield member ID card.

\* Please be aware that the LifeSpring facility prepares food and uses ingredients in our products that contain nuts, peanuts, tree nuts, soy, milk, egg, and wheat. We are not a gluten-free facility.