



**Mass General Brigham Health Plan and Foodsmart are working together to help eligible health plan members achieve better health, save time, and save money with the new Flexible Services resource.**

## What is Flexible Services?

Flexible Services is a MassHealth offering focused on tackling food and housing insecurity. By partnering with Foodsmart, Mass General Brigham Health Plan is providing their members with healthy food to help in the short-term, while introducing them to nutrition coaches for long-term nutrition and food budgeting support.

## Who is eligible for Flexible Services?

**Certain members are eligible for resources like weekly food boxes, medically tailored meals, and food cards for wholesome fruits and vegetables. Members who meet the following criteria can be referred into the program:**

- Members who have complex physical health needs: cardiovascular, renal, GI, and other conditions
- Members who have behavioral health conditions such as anxiety, stress, depression, substance abuse issues, and trauma
- Members who are considered at risk: homeless, at-risk for homelessness, or have nutrition deficiencies

## What do eligible health plan members receive?

- Resources like weekly food boxes, medically tailored meals, and food cards for wholesome fruits and vegetables
- Visits with a personal nutrition coach - a registered dietitian - who will create a custom plan to help members reach their health and nutrition goals
- Access to the premium Foodsmart app with 1000s of delicious, budget friendly recipes designed just for them
- Local grocery deals and coupons to help members save an average of \$42 per week on groceries
- Tips on how to manage weight, diabetes, high blood pressure, and other health conditions to improve quality of life
- Help finding available community resources including applying for SNAP

**Learn more at [Foodsmart.com/members/mgb-health-plan](https://Foodsmart.com/members/mgb-health-plan) or call 508-403-9709.**