



Join the Quartz Nourishing Meal Program

Quartz is happy to share a healthy eating benefit for Quartz Medicare Advantage (HMO) and Quartz Dual Eligible members. This benefit is for members who have been recently discharged from an inpatient or skilled nursing facility. It is offered in partnership with Foodsmart, a nationwide food and nutrition organization.

Healthy meals to help you recover

Join the Quartz Nourishing Meal Program to be a part of a “food as medicine” approach to recovery. This program has easy and accessible healthy eating options to help you recover from your recent inpatient or skilled nursing facility stay.

As a participant in the program, you’ll receive:

- Home-delivered meals made specifically for your individual health needs
- A telenutrition visit with a registered dietitian **and**
- A personalized food and nutrition plan

We encourage you to take advantage of this benefit. We are here to help you get the nutrition you need to heal. All at no extra cost to you!

How to enroll

Veteran facility members

If you have recently been discharged from a veteran inpatient facility, please contact a Quartz Champion at **(800) 394-5566**. You can call Monday – Friday, 8 a.m. – 8 p.m., and October 31 – March 31, daily, 8 a.m. – 8 p.m.

Non-Veteran facility members

If you have recently been discharged from a non-veteran inpatient facility, please call Foodsmart at **(415) 855-2444**, Monday – Friday, 7 a.m. – 7 p.m. You can also email them at foodscripts@foodsmart.com.