

Keep this catalog for future orders.

# 2024 Healthy Food catalog



Get healthy food delivered to your doorstep at no additional cost!



[AetnaMMP.NationsBenefits.com](https://AetnaMMP.NationsBenefits.com)

# Get healthy foods with NationsBenefits®

Hello, Valued Member:

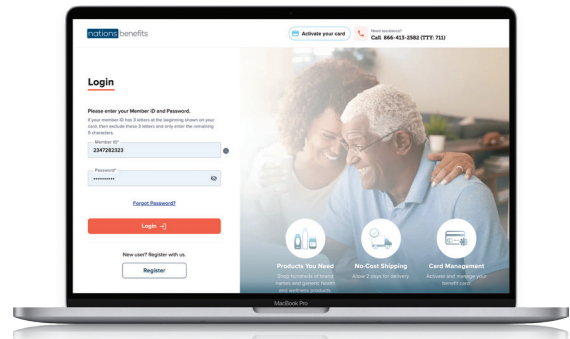
We would like to take this opportunity to welcome you and thank you for choosing **Aetna Better Health Premier Plan MMAI** to participate in your health care. You have a healthy foods benefit through **NationsBenefits** that can help you get the nutrition you need for a well-balanced diet.

Using your benefit allowance is easy and we encourage you to keep this catalog where it is easily accessible. This booklet includes an order form and postage-paid envelope for your convenience.

You also have access to the personalized Benefits Pro Portal, making ordering even easier. Get started by visiting **AetnaMMP.NationsBenefits.com** and log into your account. If this is your first time visiting the portal, please register by following the instructions on the webpage.

Once logged in, you can easily:

- **Search** by category, price, and more
- **View** product descriptions, images, and related condition information
- **Check** your available benefit allowance
- **Order** health and wellness products
- **Track** your order status in real-time



If you would like to order by phone or need help placing an online order, please call, **1-833-838-1307 (TTY: 711)**. Member Experience Advisors are available 8 a.m. - 8 p.m. local time. Language support services are available if needed, free of charge.

Sincerely,

**Your NationsBenefits Team**

# Helpful benefit information



We encourage you to spend your full allowance before the end of your benefit period.

**Additional information about your healthy foods benefit is outlined below:**



## **Benefit Usage:**

This benefit is only for you and cannot be used for your family or friends.

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## **Availability:**

Items, amounts, sizes, and prices are subject to change depending on availability.

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## **Substitution:**

If an item is out of stock, a similar product of equal or higher value will be shipped.

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## **Delivery:**

Please allow two business days for delivery.

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## **Returns:**

Due to the personal nature of these products, you do not have to ship products you wish to return back to NationsBenefits.

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## **Disenrollment:**

If you disenroll from your health plan, your benefit will automatically end.

# Ordering healthy foods has never been easier

Choose the best ordering option for you.



## Benefits Pro Portal



To place an order through the Benefits Pro Portal, scan the QR code using your smartphone camera or visit:

**[AetnaMMP.NationsBenefits.com](https://AetnaMMP.NationsBenefits.com)**



## Benefits Pro App



To place an order through the Benefits Pro app, scan the QR code using your smartphone or search “**Benefits Pro**” in the App Store or Google Play.



## Mail

To place an order by mail, send your completed order form using the postage-paid envelope to:

**NationsBenefits  
1700 N. University Drive  
Plantation, FL 33322**

**Important:** If your order is not received by the 20th of the month, it may be processed for the following benefit period. If you want your order applied to the current benefit period, we recommend placing your order online or by phone.



## Call

To place an order by phone, please call **1-833-838-1307 (TTY: 711)**. Member Experience Advisors are available 8 a.m. - 8 p.m. local time.

# Food categories



Packaged food	6
Fresh produce boxes	11

Please note that the prices shown do not include sales tax.

Item #	Description	Count	Price
<b>Packaged food</b>			
7218	Allspice, 1 oz.	1 ct.	\$4.50
7001	Almond Butter Smooth, 10 oz.	1 ct.	\$13.00
7143	Almond Milk, 32 oz.	1 ct.	\$7.00
7002	Almonds, 5 oz.	1 ct.	\$7.00
7207	Apricots, 15 oz.	1 ct.	\$4.00
7122	Avocado Oil, 16 oz.	1 ct.	\$14.00
7176	Baby Corn, 15 oz.	1 ct.	\$3.50
7152	Baked Beans, 16 oz.	1 ct.	\$3.50
7194	Baking Powder, 7 oz.	1 ct.	\$5.50
7195	Baking Soda, 16 oz.	1 ct.	\$3.00
7231	Balsamic Vinegar, 8 oz.	1 ct.	\$5.00
7170	Bamboo Shoots, 8 oz.	1 ct.	\$3.50
7171	Bean Sprouts, 14 oz.	1 ct.	\$3.50
7006	Beef Stew, 15 oz.	1 ct.	\$4.50
7007	Beefaroni, 7 oz.	1 ct.	\$3.00
7008	Beets, Sliced, 14.5 oz.	1 ct.	\$3.00
7111	Black Beans, 15 oz.	1 ct.	\$2.50
7240	Blackeye Peas, 15 oz.	1 ct.	\$2.50
7164	Bread Crumbs, 15 oz.	1 ct.	\$4.00
7010	Canola Oil, 16 oz.	1 ct.	\$7.50
7127	Carrots, 14.5 oz.	1 ct.	\$3.50
7223	Cayenne Pepper, 1.5 oz.	1 ct.	\$3.50
7011	Cheerios™, 8.9 oz.	1 ct.	\$7.00
7012	Chewy Granola Bars, 8.4 oz.	8 ct.	\$5.75
7229	Chia Seed, 1.5 oz.	1 ct.	\$2.00
7202	Chicken Breast Chunk, 10 oz.	1 ct.	\$5.50
7225	Chicken Noodle Soup, 10 oz.	1 ct.	\$4.50
7217	Chili Powder, 2 oz.	1 ct.	\$4.50
7188	Chili, 15 oz.	1 ct.	\$4.50
7018	Chunk Light Tuna in Water, 5 oz.	1 ct.	\$3.00
7020	Chunky Vegetable Soup, 18 oz.	1 ct.	\$4.00
7216	Cinnamon, Ground, 2 oz.	1 ct.	\$4.50
7021	Clam Chowder, 18 oz.	1 ct.	\$4.50
7144	Coconut Water, 16 oz.	1 ct.	\$3.25
7098	Coffee Creamer, 16 oz.	1 ct.	\$5.50
7022	Coffee, 11 oz.	1 ct.	\$9.50

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Item #	Description	Count	Price
<b>Packaged food</b>			
7128	Coffee, Instant, 8 oz.	1 ct.	\$10.50
7023	Coffee, Decaf, 11 oz.	1 ct.	\$9.50
7129	Coffee, Decaf Instant, 8 oz.	1 ct.	\$12.00
7205	Condensed Milk, 14 oz.	1 ct.	\$4.50
7046	Cooking Spray, 5 oz.	1 ct.	\$7.00
7130	Corn Flakes, 18 oz.	1 ct.	\$7.00
7150	Corn, 14 oz.	1 ct.	\$3.50
7131	Corn Oil, 16 oz.	1 ct.	\$5.50
7160	Corned Beef, 12 oz.	1 ct.	\$7.00
7222	Cranberry Sauce, Jellied, 14 oz.	1 ct.	\$3.50
7192	Cream of Chicken Soup, 10 oz.	1 ct.	\$3.25
7191	Cream of Mushroom Soup, 10 oz.	1 ct.	\$3.25
7226	Cream of Potato Soup, 10 oz.	1 ct.	\$4.00
7190	Cream of Wheat, 12 oz.	1 ct.	\$5.00
7233	Dried Apples, 3 oz.	1 ct.	\$8.00
7232	Dried Apricots, 6 oz.	1 ct.	\$8.00
7234	Dried Bananas, 4 oz.	1 ct.	\$8.00
7235	Dried Mangos, 3 oz.	1 ct.	\$10.00
7147	Ensure® Chocolate Shake, 8 oz.	6 ct.	\$20.00
7146	Ensure® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7211	Extra Virgin Olive Oil, 8 oz.	1 ct.	\$7.50
7212	Flour, All Purpose, 32 oz.	1 ct.	\$4.00
7208	Fruit & Nut Mix, 6 oz.	1 ct.	\$6.00
7024	Fruit Cocktail, 14.5 oz.	1 ct.	\$3.50
7159	Garbanzo Beans, 15 oz.	1 ct.	\$2.50
7168	Garlic Powder, 3 oz.	1 ct.	\$3.50
7177	Gelatin, Cherry, 1.4 oz.	1 ct.	\$2.25
7178	Gelatin, Orange, 1.4 oz.	1 ct.	\$2.25
7179	Gelatin, Strawberry, 1.4 oz.	1 ct.	\$2.25
7153	Glucerna® Chocolate Shake, 8 oz.	6 ct.	\$20.00
7148	Glucerna® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7241	Great Northern Beans, 15 oz.	1 ct.	\$2.50
7151	Green Beans, 14 oz.	1 ct.	\$3.50
7242	Green Chiles, 4 oz.	1 ct.	\$2.50
7206	Grits, 16 oz.	1 ct.	\$3.50
7220	Ham, Cooked, 16 oz.	1 ct.	\$8.00

Please note that the prices shown do not include sales tax.

Item #	Description	Count	Price
<b>Packaged food</b>			
7244	Hominy, 15 oz.	1 ct.	\$2.50
7185	Honey, 12 oz.	1 ct.	\$7.00
7214	Hot Sauce, 3 oz.	1 ct.	\$2.00
7032	Instant Mashed Potatoes, 13.75 oz.	1 ct.	\$4.50
7033	Jelly, Grape, 20 oz.	1 ct.	\$4.50
7034	Jelly, Strawberry, 20 oz.	1 ct.	\$4.50
7154	Ketchup, 20 oz.	1 ct.	\$4.50
7243	Lentils, 15 oz.	1 ct.	\$2.50
7174	Lima Beans, 15 oz.	1 ct.	\$3.00
7186	Mayonnaise, 12 oz.	1 ct.	\$5.00
7183	Microwave Popcorn	3 ct.	\$4.00
7121	Milk, Shelf Stable 2%, 32 oz.	1 ct.	\$5.00
7041	Mixed Nuts, 5 oz.	1 ct.	\$6.00
7161	Mixed Vegetables, 15 oz.	1 ct.	\$3.50
7230	Muffin Mix, Blueberry, 7 oz.	1 ct.	\$2.50
7193	Muffin Mix, Corn, 8 oz.	1 ct.	\$3.00
7201	Mushrooms, 4.5 oz.	1 ct.	\$3.50
7134	Nature Valley™ Granola Bars	12 ct.	\$6.50
7228	Nutella®, 7 oz.	1 ct.	\$4.50
7135	Oatmeal, Instant Packets	10 ct.	\$7.00
7044	Oats, Old Fashioned, 42 oz.	1 ct.	\$9.00
7045	Oats, Steel Cut, 24 oz.	1 ct.	\$8.00
7181	Olives, 6 oz.	1 ct.	\$4.50
7169	Onion Powder, 2.75 oz.	1 ct.	\$3.00
7219	Oregano, 1 oz.	1 ct.	\$4.50
7182	Pancake Mix, 16 oz.	1 ct.	\$5.00
7187	Pancake Syrup, 12 oz.	1 ct.	\$5.00
7215	Paprika, 2 oz.	1 ct.	\$4.50
7204	Parmesan Cheese, 8 oz.	1 ct.	\$5.00
7053	Pasta, Spaghetti, 16 oz.	1 ct.	\$3.50
7054	Pasta, Spaghetti, Gluten Free, 12 oz.	1 ct.	\$4.50
7055	Pasta, Ziti, 16 oz.	1 ct.	\$3.00
7056	Peaches, Sliced, 8.5 oz.	1 ct.	\$3.25
7057	Peanut Butter, Creamy, 16 oz.	1 ct.	\$5.50
7058	Peanut Butter, Crunchy, 16 oz.	1 ct.	\$5.50
7059	Pear Halves, 15 oz.	1 ct.	\$3.50



Please note that the prices shown do not include sales tax.

Item #	Description	Count	Price
<b>Packaged food</b>			
7137	Peas, 8.5 oz.	1 ct.	\$2.50
7061	Pineapple, Sliced, 8 oz.	1 ct.	\$3.75
7062	Pinto Beans, 16 oz.	1 ct.	\$2.50
7063	Potatoes, Diced, 15 oz.	1 ct.	\$3.50
7175	Prunes, 10 oz.	1 ct.	\$5.50
7065	Pumpkin, Canned, 15 oz.	1 ct.	\$4.50
7245	Quinoa, 12 oz.	1 ct.	\$8.50
7066	Raisin Bran®, 16 oz.	1 ct.	\$6.50
7173	Raisins, 9 oz.	1 ct.	\$4.50
7158	Ramen Noodle Soup, 3 oz.	1 ct.	\$1.50
7068	Red Kidney Beans, 15 oz.	1 ct.	\$3.50
7138	Rice Krispies, 12 oz.	1 ct.	\$6.00
7009	Rice, Brown, 28 oz.	1 ct.	\$5.50
7072	Rice, White, 28 oz.	1 ct.	\$5.50
7162	Rice, Yellow, 16 oz.	1 ct.	\$4.50
7227	Rosemary, 1 oz.	1 ct.	\$3.50
7209	Salad Dressing, French, 16 oz.	1 ct.	\$4.50
7074	Salad Dressing, Italian, 16 oz.	1 ct.	\$4.50
7076	Salad Dressing, Ranch, 16 oz.	1 ct.	\$4.50
7077	Salmon, Canned, 14.75 oz.	1 ct.	\$10.00
7184	Salt & Pepper	1 ct.	\$5.50
7165	Salt Substitute, 3 oz.	1 ct.	\$5.50
7141	Sandwich Crackers, Cheddar	8 pack	\$6.00
7078	Sardines, 4.4 oz.	1 ct.	\$4.00
7239	Seasoning Blend, Salt-Free, 2.5 oz.	1 ct.	\$5.50
7210	Soda Crackers, 8 oz.	1 ct.	\$3.50
7166	Soup Bouillon, Beef	6 ct.	\$2.50
7167	Soup Bouillon, Chicken	6 ct.	\$2.50
7163	Soy Sauce, 10 oz.	1 ct.	\$3.50
7107	Spaghetti Sauce, 24 oz.	1 ct.	\$5.00
7224	Spam®, 12 oz.	1 ct.	\$6.50
7080	Special K® Cereal, 18 oz.	1 ct.	\$7.00
7238	Spinach, 13 oz.	1 ct.	\$3.00
7081	Splenda®, 1.75 oz.	1 ct.	\$6.50
7109	Steak & Vegetable Soup, 18.8 oz.	1 ct.	\$4.50
7236	Steak Sauce, 5 oz.	1 ct.	\$4.75

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Item #	Description	Count	Price
<b>Packaged food</b>			
7085	Stevia In The Raw®, 3.5 oz.	1 ct.	\$8.00
7016	Stuffing Mix, 6 oz.	1 ct.	\$4.50
7087	Tea Bags	100 ct.	\$6.00
7088	Tea Bags, Decaf	48 ct.	\$10.00
7089	Tomato Paste, 12 oz.	1 ct.	\$3.00
7090	Tomatoes, Crushed, 15 oz.	1 ct.	\$4.00
7091	Tomatoes, Diced, 14.5 oz.	1 ct.	\$3.00
7140	Trail Mix, 16 oz.	1 ct.	\$8.00
7221	Vegetable Oil, 16 oz.	1 ct.	\$6.50
7101	Vienna Sausage, 4.6 oz.	1 ct.	\$2.25
7189	Water Chestnuts, 8 oz.	1 ct.	\$3.00
7142	Wheat Crackers, 9 oz.	1 ct.	\$4.50
7095	Yams, 29 oz.	1 ct.	\$5.00
7096	Yellow Mustard, 8 oz.	1 ct.	\$3.00

Please note that the prices shown do not include sales tax.

Item#	Description	Box contents	Price
<b>Fresh produce boxes</b>			
10007	All Fruit	6 Apples 3 Kiwis 3 Oranges 3 Pears	\$45.00
10006	All Veggie	Carrots, 1 lb. 2 Green Peppers 1 Iceberg Lettuce 1 Onion 2 Potatoes Snow Peas, 0.5 lb. 1 Zucchini	\$45.00
10009	Asian-Inspired Cuisine	Ginger Root, 0.5 lb. 1 Chinese Eggplant 2 Asian Pears 1 Napa Cabbage 1 Onion 1 Pumpkin Squash 1 Bok Choy	\$60.00
10012	Healthy Snacking	6 Apples 1 Celery 1 Cucumber 1 Green Pepper 1 Orange 1 Pear Snow Peas, 0.5 lb.	\$45.00
10014	Latin-Inspired Cuisine	1 Avocado Carrots, 1 lb. 1 Chile 2 Cucumbers 2 Green Peppers 2 Limes 2 Onions 2 Potatoes 2 Tomatoes	\$50.00

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Item#	Description	Box contents	Price
<b>Fresh produce boxes</b>			
10005	Mixed Fruit & Veggie	2 Apples 2 Cucumbers 1 Green Pepper 2 Oranges 1 Pear 1 Romaine Lettuce	\$45.00
10008	Mixed Fruit & Veggie 2	6 Apples Carrots, 1 lb. 2 Green Peppers 2 Pears 1 Potato	\$45.00

Aetna Better Health Premier Plan MMAI is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees. The benefits mentioned are a part of special supplemental program for the chronically ill. Not all members qualify.

This grocery list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the items are trademarks of each company. Item costs may change from year to year. Consult with your primary care provider (PCP) about which grocery items you should use to better manage your health and/or chronic illness.



**FASTEST Delivery Method**

Order your Healthy Food products online through your **Benefits Pro Portal** at **AetnaMMP.NationsBenefits.com** or scan this QR code with your smartphone camera.



Download the **Benefits Pro app** to your mobile device



**To order by mail** – fill out your personal information

For orders by mail, fill out the information below and use the back of this form to order products. *Mail orders will be processed in 5-7 days.*

**Only this form will be used for orders.** Alternate or non-standard forms are not acceptable and will result in an order not being placed. To ensure your order is processed correctly please write **LEGIBLY** and use **BLACK INK ONLY**.

Member ID

Date of Birth

First Name

Last Name

Street #

Street Name

Apt./Suite #

City

State

Zip Code

Phone

Email

Send the completed order form using the postage-paid envelope to:

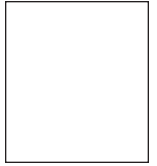
**NationsBenefits**  
**1700 N. University Drive**  
**Plantation, FL 33322**

I understand that the phone numbers and/or emails I provided on this form may be used by NationsBenefits or any of its contracted parties to contact me about my account, my health benefit plan or related programs, or services provided to me.

**Important:** Due to the added time to receive your request by mail, we encourage you to allow extra time when mailing your order. Your order will be processed in the benefit period that it is received. If you want your order applied to the current benefit period, we recommend placing your order online or by phone.







# Get started today!



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**Complete and mail**  
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