

Dear Case Manager/Care Coordinator,

At N4L Health®, it is our goal to make starting and maintaining service with us as simple and efficient as possible. For this reason, we have assembled this packet as a helpful tool when offering N4L Meals as a home-delivered meal solution to your clients.

You will find the following information enclosed in this packet:

- Contact information card which provides valuable N4L Meals phone numbers. Keep this piece handy, you will need it in the future.
- Case manager program overview. This outlines the many benefits of our program, working with N4L Meals and provides a sample menu.
- Client program information handouts Information to provide your clients explaining the benefits of N4L Meals along with a sample menu. Contact your Sales Rep for additional copies.

N4L Meals has been a home-delivered meal provider for Medicaid (LTSS/HCBS Waivers), Medicare Advantage, Dual Eligible, OAA and other government-funded programs. For those who do not qualify or have access to a meal program, we offer a self-pay option. Over the years, we have remained a client favorite by being unique and making better health accessible to all!

Sincerely,

Jennifer Maynard
Co-Founder and CEO, Nutrition for Longevity



N4L HEALTH
your wellness partner

New Client *Setup.*

To start an individual on meals, provide the following information on a N4L® authorization form* or your agency referral form*.

When submitting paperwork, please include the following:

- Client's full legal name, address, phone number, and date of birth
- Agency and case manager information
- Beginning and end dates of service
- Number of meals client is approved for per week
- Menu information or any special requests
- Other critical billing or delivery information

Once the client is approved, they will receive a call from a N4L team member welcoming them to the program.

Send the referral/authorization form and service plan with the details of the home-delivered meal service to:

enroll@nutri4longevity.com / E-Fax: 1-833-231-6731



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Important *Information*

INTAKE - Processes all authorizations/referrals for new clients, renewal authorizations for existing clients, and client cancellations.

- Phone: 833-688-7445, Option 2
- Email: enroll@nutri4longevity.com
- E-Fax: 1-833-231-6731

BILLING - Responsible for communication with each billing entity to ensure all paperwork is complete and invoices are processed in a timely manner.

- Phone: 833-688-7445, Option 3
- Email: enroll@nutri4longevity.com

AGENCY SUPPORT AND PROGRAM DEVELOPMENT

Case Manager Relations - We have a team of territory managers available to answer questions regarding program development, attend in-services in your area, as well as provide you with current menus and any additional information you may need.

- Phone: Mike Belusko, LSW, 216-375-6224
- Email: mbelusko@nutri4longevity.com

Making Healthy Food Accessible to Everyone



At Nutrition for Longevity we help support better outcomes with our highly nutritious meals which are designed to meaningfully address social determinants of health.

Our team of dietitians and recipe developers work to tailor menus specifically to our client's medical needs to ensure they receive the nutrition they need while remaining healthy and independent.

N4L allows clients to have a voice in their care by allowing them to choose what meals they prefer, leading to a higher level of satisfaction and better outcomes.

“ I follow a vegan, gluten free diet and no other home-delivered meal kit can cater to my needs, I love N4L. Not only can they accommodate my diet, but the food is delicious, bravo! ”

-Marcus

Why N4L?



Proven Outcomes

Meals are created to address specific chronic conditions which can lead to higher scores on quality measures.



Tailored Experience

Meals meet nutrition needs for specific health conditions to allow for recovery and independence.



Reliable Delivery

N4L ships nationwide with delivery right to your doorstep.

Our Medically-Tailored Meals

All of our meals are designed by our registered dietitians to meet nutritional requirements with balanced macronutrients per indication



Macronutrient-balanced meals for overall wellness



Calorie controlled for healthy weight management



Diabetes-Friendly
Carbohydrate-controlled to help maintain blood sugar. All meals below 45g of carbs.



Chronic Kidney Disease
<20 gm protein per meal with < 300 mg Phos, < 600 mg K, and < 300 mg Na



Vegan
Free from dairy, poultry, fish and eggs



Low-Sodium & Heart-Friendly
No added salt, plant-forward fiber and less than 10% saturated fat



Kosher/Halal
All meals comply with Earth Kosher and Etimad Halal guidelines



Cancer-Support
Phytonutrient rich and macro-balanced to help maintain weight. Partnering with Mayo Clinic for Oil-Free diet

Better Health Begins with Better Nutrition

While receiving supplemental benefits related to food and in-home services, studies show the majority of LTC clients still face some level of food insecurity.

70% of Clients are at Risk of Food Insecurity



- **30% of your clients are potentially Food Secure**
- **52% of your clients are occasionally Food Insecure**
- **18% of your clients are Consistently Food Insecure**

SAMPLE MENU:



Breakfast

Pear & Pecan Baked Oatmeal

Nutrition Facts	
Serving size	(205g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 53g	19%
Dietary Fiber 9g	32%
Total Sugars 19g	
Includes 12g Added Sugars	24%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 188mg	15%
Iron 3mg	15%
Potassium 411mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pear Pecan Oatmeal (Pears*, Almond Milk (Water, Almonds*, Gellan Gum, Natural Flavor*, Rice Starch*, Salt, Vanilla Extract*, Vitamin D2, Xanthan Gum), Gluten Free Oats*, Water, Maple Syrup*, Olive Oil*, Pecans*, Hemp Seeds*, Flaxseeds*, Baking Powder, Vanilla Extract*, Cinnamon*, Ginger*, Salt), Chocolate Hummus (Chickpeas*, Maple Syrup*, Cocoa Powder*, Tahini*, Coconut Milk (Water, Coconut*, Guar Gum*), Vanilla Extract*, Salt).
*Organic

Lunch

Fall Kale Salad

Nutrition Facts	
Serving size	(272g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 55g	20%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 2mg	10%
Potassium 384mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Brown Rice*, Corn*, Carrots*, Mixed Greens*, Dried Cranberries*, Red Onion*, Pecans*, Apple Cider Vinaigrette (Apple Cider Vinegar*, Apple Juice*, Olive Oil*, Maple Syrup*, Dijon Mustard*, Salt).
*Organic

Dinner

Almond Butter Noodles with Miso Squash

Nutrition Facts	
Serving size	(261g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 61g	22%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 145mg	10%
Iron 2mg	10%
Potassium 901mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Brown Rice Pasta* (Brown Rice Flour, Water), Broccoli*, Almond Butter Sauce (Almond Butter*, Apple Juice*, Rice Wine Vinegar*, Tamari*, Sesame Oil*, Salt*, Garlic Powder*), Scallions*, Blanched Broccoli (Broccoli), Miso Squash (Squash*, Olive Oil*, Tamari*, Maple Syrup*, Ginger*).
*Organic

Check-out Our Mouthwatering Meals!

