

# MassHealth Flexible Nutrition Services Program

The MassHealth ACO Flex Services Program is a *FREE, voluntary, confidential service* designed to help you gain control of your diabetes. This Revitalize Community Development Corporation (Revitalize CDC) program offers 10 weeks of free, healthy grocery deliveries and education to help manage diabetes.



## Who Is Eligible?

Members of one of the health centers in the BeHealthy Partnership Accountable Care Organization (ACO)

- Caring Health Center
- Baystate Brightwood
- Baystate High Street- Adults
- Baystate Mason Square
- Baystate High Street- Pediatrics

## Participants may receive:

**FREE supplies** may include

- 10 weeks of healthy groceries and recipes
- Slow cooker or microwave
- Spices
- Kitchen supplies including measuring cups, food storage containers, etc.

## This Program Offers:

- The chance to work one on one with a Nutritionist
- Learn strategies to manage diabetes through Nutrition Education and lifestyle changes
- Learn to make healthy meals at home

## Our Nutritionists will:

- Provide education, demonstration, and supplies to learn to cook healthy meals at home
- Provide weekly food deliveries to your home.



## For more information, contact:

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# Programa de servicios flexible de Masshealth

El programa MassHealth ACO Flex Services Program es un servicio confidencial, voluntario y **GRATUITO** diseñado para ayudarlo a controlar su diabetes. Este programa Revitalize Community Development Corporation (Revitalize CDC) ofrece 10 semanas de entregas de comestibles saludables y gratuitas y educación para ayudar a controlar la diabetes.



## Quien es elegible?

Miembros de uno de los centros de salud de la BeHealthy Partnership Accountable Care Organization (ACO)

- Caring Health Center
- Baystate Brightwood
- Baystate High Street- Adults
- Baystate Mason Square
- Baystate High Street- Pediatrics

## Los participants pueden recibir:

Los suministros GRATUITOS pueden incluir:

- 10 semanas de alimentos y recetas saludables
- Olla de cocción lenta o microondas
- Especias
- Suministros de cocina, como tazas medidoras, recipientes para almacenar alimentos, etc.

## Este programa ofrece:

- La oportunidad de trabajar uno a uno con un nutricionista.
- Aprenda estrategias para controlar la diabetes a través de la educación nutricional y los cambios en el estilo de vida.
- Aprende a preparar comidas saludables en casa

## Nuestros nutricionistas:

- Proporcionar educación, demostraciones y suministros para aprender a cocinar comidas saludables en casa.
- Proporcione entregas de alimentos semanales a su hogar.



## Para mas informacion contacte:

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