

# 2025 Grocery Catalog



Get groceries delivered to your doorstep at no additional cost!



MEDICAL MUTUAL®

**nations** benefits

[MedMutual.com/Member](https://MedMutual.com/Member)

# Personalize Your Shopping with NationsBenefits®

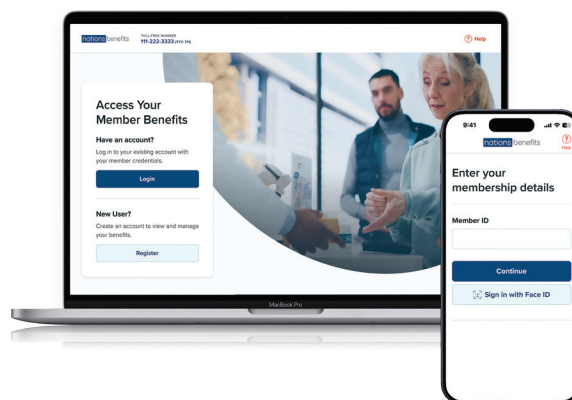
Hello, Valued Member.

We would like to take this opportunity to welcome you and thank you for for being a **MedMutual Advantage® Secure HMO-POS** plan member. Members with qualifying chronic conditions have a grocery benefit through **NationsBenefits®** that can provide for a well-balanced diet through a variety of brand-name and generic healthy food products, produce boxes and always fresh, never frozen prepared meals.

You also have access to the personalized **Benefits Pro™ Portal**, making ordering even easier. Get started by visiting **MedMutual.com/Member** and log in to your My Health Plan account and select the Benefits Pro Portal under Claims and Balances..

Once logged in, you can easily:

- **Search** by category, price and more
- **Order** grocery, health and wellness products
- **Track** your order status in real time
- **View** transactions
- **Check** eligible products
- **Access** store locator
- **Request** a new card



If you need help with the Benefits Pro™ Portal or placing an order, please call **1-800-982-3117 (TTY: 711)**. Customer Care Specialists are available from 8 a.m. to 8 p.m. seven days a week from Oct. 1 to March 31 (except Thanksgiving and Christmas), and 8 a.m. to 8 p.m. Monday through Friday from April 1 through Sept. 30 (except holidays).

Sincerely,

**Your Medical Mutual and NationsBenefits Team**



# Helpful Benefit Information

You can save time and money by using your grocery benefit allowance to order the items you need. **Your monthly benefit allowance does not roll over.** We encourage you to spend your full allowance before the end of the month.

**Additional information about your grocery 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 values 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:**

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 grocery benefit will automatically end.

# Ordering 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: [MedMutual.com/Member](https://www.MedMutual.com/Member)



## **Mail**

To place an order by mail, send your completed order form to:

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

**Important:** Due to the added time to receive your request by mail, we encourage you to allow extra time when placing your order. If your order is not received by the 20th of the month, we may apply the order total to your allowance 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 **1-800-982-3117 (TTY: 711)**. Customer Care Specialists are available from 8 a.m. to 8 p.m. seven days a week from Oct. 1 to March 31 (except Thanksgiving and Christmas), and 8 a.m. to 8 p.m. Monday through Friday from April 1 through Sept. 30 (except holidays).

# Product Categories



Top-Selling Products	6
Food	11
Prepared Meals	15
Fresh Produce	16

## Top Selling Products



Almond Milk, 32 oz.  
Count: 1

Item #: 7143      \$7.00



Apricots, 15 oz.  
Count: 1

Item #: 7207      \$4.00



Baked Beans, 16 oz.  
Count: 1

Item #: 7152      \$3.50



Beef Stew, 15 oz.  
Count: 1

Item #: 7006      \$4.50



Beefaroni, 7 oz.  
Count: 1

Item #: 7007      \$3.50



Beets, Sliced, 14.5 oz.  
Count: 1

Item #: 7008      \$3.00



Cheerios™, 8.9 oz.  
Count: 1

Item #: 7011      \$7.50



Chicken Breast Chunk, 10 oz.  
Count: 1

Item #: 7202      \$5.50



Chicken Noodle Soup, 10 oz.  
Count: 1

Item #: 7225      \$4.50



Chili, 15 oz.  
Count: 1

Item #: 7188      \$4.50

## Top Selling Products



Chunk Light Tuna in Water, 5 oz.  
Count: 1

Item #: 7018      \$3.00



Chunky Vegetable Soup, 18 oz.  
Count: 1

Item #: 7020      \$4.00



Clam Chowder, 18 oz.  
Count: 1

Item #: 7021      \$4.50



Coconut Water, 16 oz.  
Count: 1

Item #: 7144      \$3.25



Coffee Creamer, 16 oz.  
Count: 1

Item #: 7098      \$5.50



Coffee, 11 oz.  
Count: 1

Item #: 7022      \$9.50



Condensed Milk, 14 oz.  
Count: 1

Item #: 7205      \$4.50



Cooking Spray, 5 oz.  
Count: 1

Item #: 7046      \$7.00



Corned Beef, 12 oz.  
Count: 1

Item #: 7160      \$8.00



Cream of Chicken Soup, 10 oz.  
Count: 1

Item #: 7192      \$3.25

## Top Selling Products



Cream of Mushroom Soup,  
10 oz.  
Count: 1

Item #: 7191      \$3.25



Ensure® Chocolate Shake,  
8 oz.  
Count: 6

Item #: 7147      \$20.00



Ensure® Vanilla Shake, 8 oz.  
Count: 6

Item #: 7146      \$20.00



Extra Virgin Olive Oil, 8 oz.  
Count: 1

Item #: 7211      \$12.00



Fruit & Nut Mix, 6 oz.  
Count: 1

Item #: 7208      \$6.00



Fruit Cocktail, 14.5 oz.  
Count: 1

Item #: 7024      \$3.50



Green Beans, 14 oz.  
Count: 1

Item #: 7151      \$3.50



Ham, Cooked, 16 oz.  
Count: 1

Item #: 7220      \$8.00



Honey, 12 oz.  
Count: 1

Item #: 7185      \$7.00



Mayonnaise, 12 oz.  
Count: 1

Item #: 7186      \$5.50



## Top Selling Products



Microwave Popcorn  
Count: 3

Item #: 7183 \$4.00



Milk, Shelf Stable 2%, 32 oz.  
Count: 1

Item #: 7121 \$5.00



Mixed Nuts, 5 oz.  
Count: 1

Item #: 7041 \$7.00



Muffin Mix, Blueberry, 7 oz.  
Count: 1

Item #: 7230 \$3.00



Muffin Mix, Corn, 8 oz.  
Count: 1

Item #: 7193 \$3.00



Mushrooms, 4.5 oz.  
Count: 1

Item #: 7201 \$3.50



Nature Valley™ Granola Bars  
Count: 12

Item #: 7134 \$7.50



Nutella®, 7 oz.  
Count: 1

Item #: 7228 \$4.50



Oatmeal, Instant Packets  
Count: 10

Item #: 7135 \$8.00



Peaches, Sliced, 8.5 oz.  
Count: 1

Item #: 7056 \$3.50

## Top Selling Products



Peanut Butter, Creamy, 16 oz.  
Count: 1

Item #: 7057      \$5.50



Pear Halves, 15 oz.  
Count: 1

Item #: 7059      \$4.50



Pineapple, Sliced, 8 oz.  
Count: 1

Item #: 7061      \$3.75



Ramen Noodle Soup, 3 oz.  
Count: 1

Item #: 7158      \$1.75



Sandwich Crackers, Cheddar  
Count: 8 pack

Item #: 7141      \$6.00



Spam®, 12 oz.  
Count: 1

Item #: 7224      \$6.50



Steak & Vegetable Soup,  
18.8 oz.  
Count: 1

Item #: 7109      \$4.50



Tomatoes, Diced, 14.5 oz.  
Count: 1

Item #: 7091      \$3.00



Trail Mix, 16 oz.  
Count: 1

Item #: 7140      \$9.00



Vienna Sausage, 4.6 oz.  
Count: 1

Item #: 7101      \$2.50

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

Item #	Description	Count	Price
Food			
7218	Allspice, 1 oz.	1 ct.	\$4.50
7001	Almond Butter Smooth, 10 oz.	1 ct.	\$13.00
7002	Almonds, 5 oz.	1 ct.	\$7.00
7122	Avocado Oil, 16 oz.	1 ct.	\$14.00
7176	Baby Corn, 15 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
7111	Black Beans, 15 oz.	1 ct.	\$2.50
7240	Blackeye Peas, 15 oz.	1 ct.	\$2.50
4477	Boost® Chocolate Shake, 8 oz.	6 ct.	\$20.00
4478	Boost® Vanilla Shake, 8 oz.	6 ct.	\$20.00
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
7012	Chewy Granola Bars, 8.4 oz.	8 ct.	\$5.75
7229	Chia Seed, 1.5 oz.	1 ct.	\$2.00
7217	Chili Powder, 2 oz.	1 ct.	\$4.50
7216	Cinnamon, Ground, 2 oz.	1 ct.	\$4.50
7128	Coffee, Instant, 8 oz.	1 ct.	\$10.50
4443	Collard Greens, 14 oz.	1 ct.	\$4.50
7023	Coffee, Decaf, 11 oz.	1 ct.	\$9.50
7129	Coffee, Decaf Instant, 8 oz.	1 ct.	\$12.00
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
7222	Cranberry Sauce, Jellied, 14 oz.	1 ct.	\$4.50
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

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

Item #	Description	Count	Price
Food			
7234	Dried Bananas, 4 oz.	1 ct.	\$8.00
7235	Dried Mangos, 3 oz.	1 ct.	\$10.00
7212	Flour, All Purpose, 32 oz.	1 ct.	\$5.00
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
7242	Green Chiles, 4 oz.	1 ct.	\$3.50
7206	Grits, 16 oz.	1 ct.	\$3.50
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
7174	Lima Beans, 15 oz.	1 ct.	\$3.00
7161	Mixed Vegetables, 15 oz.	1 ct.	\$3.50
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.	\$6.00
7055	Pasta, Ziti, 16 oz.	1 ct.	\$3.00

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

Item #	Description	Count	Price
Food			
7058	Peanut Butter, Crunchy, 16 oz.	1 ct.	\$5.50
7137	Peas, 8.5 oz.	1 ct.	\$2.50
7062	Pinto Beans, 16 oz.	1 ct.	\$2.50
7063	Potatoes, Diced, 15 oz.	1 ct.	\$3.50
7175	Prunes, 16 oz.	1 ct.	\$11.00
7065	Pumpkin, Canned, 15 oz.	1 ct.	\$4.50
7066	Raisin Bran®, 16 oz.	1 ct.	\$6.50
7173	Raisins, 9 oz.	1 ct.	\$4.50
7068	Red Kidney Beans, 15 oz.	1 ct.	\$3.50
7138	Rice Krispies, 12 oz.	1 ct.	\$7.00
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.	\$5.50
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
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
7238	Spinach, 13 oz.	1 ct.	\$4.00
7081	Splenda®, 1.75 oz.	1 ct.	\$6.50
7236	Steak Sauce, 5 oz.	1 ct.	\$4.75
7085	Stevia In The Raw®, 3.5 oz.	1 ct.	\$8.00
7016	Stuffing Mix, 6 oz.	1 ct.	\$4.50

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

Item #	Description	Count	Price
Food			
7087	Tea Bags	100 ct.	\$6.00
7088	Tea Bags, Decaf	48 ct.	\$10.00
4470	Thick-It® Food and Beverage Thickener, 10 oz.	1 ct.	\$11.00
7089	Tomato Paste, 12 oz.	1 ct.	\$3.00
7090	Tomatoes, Crushed, 15 oz.	1 ct.	\$4.00
4444	Turnip Greens, 14 oz.	1 ct.	\$4.50
7221	Vegetable Oil, 16 oz.	1 ct.	\$6.50
7142	Wheat Crackers, 9 oz.	1 ct.	\$5.50
7095	Yams, 29 oz.	1 ct.	\$6.00
7096	Yellow Mustard, 8 oz.	1 ct.	\$3.00

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

Item #	Description	Count	Price
Prepared Meals			
30127	Diabetic Friendly – Variety – 6 Meal Bundle	1 ct.	\$55.00
30128	Diabetic Friendly – Variety – 8 Meal Bundle	1 ct.	\$70.00
30125	Diabetic Friendly – Variety – 10 Meal Bundle	1 ct.	\$82.50
30126	Diabetic Friendly – Variety – 14 Meal Bundle	1 ct.	\$115.00
30039	General Wellness – Variety – 6 Meal Bundle	1 ct.	\$55.00
30040	General Wellness – Variety – 8 Meal Bundle	1 ct.	\$70.00
30037	General Wellness – Variety – 10 Meal Bundle	1 ct.	\$82.50
30038	General Wellness – Variety – 14 Meal Bundle	1 ct.	\$115.00
30171	Kosher – Variety – 6 Meal Bundle	1 ct.	\$55.00
30172	Kosher – Variety – 8 Meal Bundle	1 ct.	\$70.00
30169	Kosher – Variety – 10 Meal Bundle	1 ct.	\$82.50
30170	Kosher – Variety – 14 Meal Bundle	1 ct.	\$115.00
30083	Low Sodium – Variety – 6 Meal Bundle	1 ct.	\$55.00
30084	Low Sodium – Variety – 8 Meal Bundle	1 ct.	\$70.00
30081	Low Sodium – Variety – 10 Meal Bundle	1 ct.	\$82.50
30082	Low Sodium – Variety – 14 Meal Bundle	1 ct.	\$115.00
30199	Pureed – Variety – 6 Meal Bundle	1 ct.	\$55.00
30200	Pureed – Variety – 8 Meal Bundle	1 ct.	\$70.00
30197	Pureed – Variety – 10 Meal Bundle	1 ct.	\$82.50
30198	Pureed – Variety – 14 Meal Bundle	1 ct.	\$115.00
30235	Vegetarian – Variety – 6 Meal Bundle	1 ct.	\$55.00
30236	Vegetarian – Variety – 8 Meal Bundle	1 ct.	\$70.00
30233	Vegetarian – Variety – 10 Meal Bundle	1 ct.	\$82.50
30234	Vegetarian – Variety – 14 Meal Bundle	1 ct.	\$115.00



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

Item #	Description	Sample Contents		Price
Fresh Produce				
10007	All Fruit	Apple Plum	Orange Pear	\$45.00
10006	All Veggie	Carrot Green Pepper Iceberg Lettuce Onion	Potato Snow Pea Zucchini	\$45.00
10009	Asian-Inspired Cuisine	Ginger Root Chinese Eggplant Napa Cabbage	Onion Squash Bok Choy	\$60.00
10012	Healthy Snacking	Apple Celery Cucumber Green Pepper	Orange Pear Snow Pea	\$45.00
10014	Latin-Inspired Cuisine	Avocado Carrot Chile Cucumber Green Pepper	Lime Onion Potato Tomato	\$50.00
10005	Mixed Fruit & Veggie	Apple Cucumber Green Pepper	Orange Pear Romaine Lettuce	\$45.00
10008	Mixed Fruit & Veggie 2	Apple Carrot Green Pepper	Pear Potato	\$45.00

Produce items listed are just examples. Final items selected are based on seasonality and sustainability and are subject to change without notice.

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. To see the most up-to-date version of this catalog, visit your Benefits Pro™ Portal.





### FASTEST Delivery Method

Order online through your **Benefits Pro™ Portal** at [MedMutual.com/Member](https://MedMutual.com/Member) or scan this QR code with your smartphone camera.

#### 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.

**IMPORTANT: 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**.

## Order Your Products

ITEM #	DESCRIPTION	PRICE	QUANTITY	TOTAL
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
TOTAL ORDER AMOUNT				\$

Applicable sales tax may be added to the order total and deducted from your available balance.

**NOTE:** Order forms will be processed during the benefit period in which they are received.

If you have any questions or need assistance placing your order, please call Medical Mutual at **1-800-982-3117 (TTY: 711)**. Customer Care Specialists are available from 8 a.m. to 8 p.m. seven days a week from Oct. 1 to March 31 (except Thanksgiving and Christmas), and 8 a.m. to 8 p.m. Monday through Friday from April 1 through Sept. 30 (except holidays).

Notes:

You can use this page to write down helpful information for future orders such as item numbers, product descriptions, and any questions you may want to ask a Customer Care Specialist on your next call.

[illegible]

1700 N. University Drive  
Plantation, FL 33322

Get started today!



Visit us online at  
**MedMutual.com/Member**



Call us at  
**1-800-982-3117**  
(TTY: 711)



**Complete and mail**  
an order form to  
NationsBenefits

If you have any questions or need help placing your order, we're here for you.

Customer Care Specialists are available from

8 a.m. to 8 p.m. seven days a week from Oct. 1 to March 31 (except Thanksgiving and Christmas),  
and 8 a.m. to 8 p.m. Monday through Friday from April 1 through Sept. 30 (except holidays).

Grocery card is a special supplemental benefit. Grocery card is only available to qualifying members with cardiovascular disorders, cancer, diabetes, chronic and disabling mental health, and chronic heart failure (other eligible conditions not listed). Eligibility depends on plan coverage rules and is not guaranteed solely on health condition. See your Evidence of Coverage for full details.

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