

Discover Tangelo's Food-as-Medicine Program

Receive 12 Weeks of **FREE** meals, delivered directly to your doorstep!

If you...

- ✓ Are enrolled with a Medi-Cal health plan
- ✓ Have a chronic condition
- ✓ Have been discharged from the hospital

**2 MEALS
A DAY**



Ask Your Doctor

Ask your doctor if you qualify for this benefit!



Tangelo's meals are



Prescribed for your health condition and approved by dietitians



Culturally-tailored meals – food that tastes like home

What Happens Next

01

Your Doctor Refers You to Tangelo

We will contact you when we receive your referral.

02

Look Out for a Text!

Download the Tangelo App on a smartphone and fill out a quick food survey.

03

Sit Tight, Your Food is on Its Way!

Delicious Tangelo meals will arrive at your doorstep.

**NEED
HELP?**

If you need help during the sign-up process, please don't hesitate to call us at **1-866-291-9125** or text **1-833-923-2900**. Our friendly Tangelo team is here to support you in every step towards becoming a healthier you through the power of food.