

Keep this catalog
for future orders.

2022 Grocery Catalog



Get groceries delivered to your door at no additional cost!

You can start placing orders on January 1, 2022.



NationsBenefits.com/Viva

Welcome!

VIVA MEDICARE wants to help you stay healthy by giving you a \$25 food allowance each month (for a total benefit of \$75 a calendar quarter). Use this catalog to pick up to \$25 in food or produce each month. You can also save your \$25 monthly allowance and order \$75 worth of food or produce in the third month of the calendar quarter (March, June, September, and December). For example, you can save your \$25 allowance for January and February and place a \$75 order in March. Any unused amounts do not carry over to the next calendar quarter.

You have three easy ways to place an order. They are shown on the next page. We will ship your items to you at no additional cost.

If you have any questions, please call NationsBenefits® at **877-209-5189 (TTY: 711)**. Our team of Member Experience Advisors is available 8am – 8pm until December 31, 2021. Beginning January 1, 2022, we will be open 24 hours per day, 7 days per week, 365 days per year. Language support services are available, if needed.

For all other questions, call **VIVA MEDICARE** Member Services (toll-free) at **1-800-633-1542**. TTY users, call 711. They are available Monday – Friday, 8am – 8pm. October 1 – March 31, they are available 7 days a week, 8am – 8pm.

Note: Items may be changed throughout the year; please check your NationsBenefits portal at **NationsBenefits.com/Viva** for the latest listings. Learn more about the portal on page 4.

Sincerely,

Your NationsBenefits Team

Ordering is Easy



Online

Visit NationsBenefits.com/Viva



Phone

Call **877-209-5189 (TTY: 711)**



Mail

Complete and mail an order form to NationsBenefits (page 13-14)

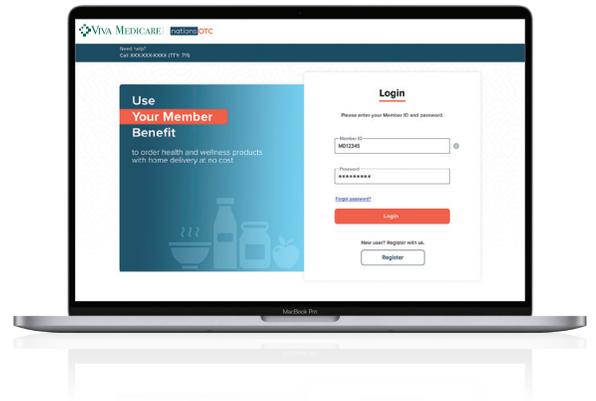
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Your NationsBenefits Member Portal

The NationsBenefits member portal makes ordering simple and hassle-free.

You can easily:

- ✔ **Search** and filter by price and more
- ✔ **See** food and produce descriptions and images
- ✔ **View** your available benefit allowance
- ✔ **Order** healthy foods
- ✔ **Track** your order status in real-time



See these features and more at NationsBenefits.com/Viva



Your Grocery Coverage



Benefit Allowance:

The grocery benefit is not the same as your over-the-counter (OTC) benefit. Your grocery benefit allowance can only be used to purchase food or produce from this catalog. To purchase OTC items using your OTC allowance, like bandages or vitamins, order from your NationsOTC catalog.



Benefit Usage:

This benefit is only for you. The government does not allow your benefit to be used for your family or friends.



Disenrollment:

If you leave your **VIVA MEDICARE** plan, your grocery benefit will end.



Delivery:

You will usually receive your grocery order within 2 business days. During holidays and peak seasons, your order may take longer.



Returns:

We do not require items to be returned.



Availability:

Items, amounts, sizes, and values may change, depending on what is in stock.



Substitution:

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

Food



Item#	Description	Count	Price
7001	Almond Butter Smooth, 10 oz.	1 ct.	\$12.25
7143	Almond Milk, 32 oz.	1 ct.	\$6.50
7002	Almonds, 5 oz.	1 ct.	\$6.00
7122	Avocado Oil, 16 oz.	1 ct.	\$14.00
7176	Baby Corn, 15 oz.	1 ct.	\$3.00
7152	Baked Beans, 16 oz.	1 ct.	\$3.00
7194	Baking Powder, 7 oz.	1 ct.	\$5.00
7195	Baking Soda, 16 oz.	1 ct.	\$2.50
7170	Bamboo Shoots, 8 oz.	1 ct.	\$3.00
7171	Bean Sprouts, 14 oz.	1 ct.	\$3.00
7006	Beef Stew, 15 oz.	1 ct.	\$4.00
7007	Beefaroni, 7 oz.	1 ct.	\$2.00
7008	Beets, Sliced, 14.5 oz.	1 ct.	\$2.50
7111	Black Beans, 15 oz.	1 ct.	\$2.00
7164	Bread Crumbs, 15 oz.	1 ct.	\$3.50
7010	Canola Oil, 16 oz.	1 ct.	\$5.00
7127	Carrots, 14.5 oz.	1 ct.	\$3.00
7011	Cheerios™, 8.9 oz.	1 ct.	\$5.50
7012	Chewy Granola Bars, 8.4 oz.	8 ct.	\$5.00
7013	Chicken Broth, Low Sodium, 32 oz.	1 ct.	\$6.00
7016	Chicken Stuffing, 6 oz.	1 ct.	\$4.00
7188	Chili, 15 oz.	1 ct.	\$4.00
7172	Chow Mein Noodles, 5 oz.	1 ct.	\$2.50
7018	Chunk Light Tuna in Water, 5 oz.	1 ct.	\$2.00
7020	Chunky Vegetable Soup, 18 oz.	1 ct.	\$3.50
7021	Clam Chowder, 18 oz.	1 ct.	\$3.50
7144	Coconut Water, 16 oz.	1 ct.	\$2.50

Food



Item#	Description	Count	Price
7098	Coffee Creamer, 16 oz.	1 ct.	\$4.00
7022	Coffee, 11 oz.	1 ct.	\$9.50
7128	Coffee, Instant, 8 oz.	1 ct.	\$9.50
7023	Coffee, Decaf, 12 oz.	1 ct.	\$9.50
7129	Coffee, Decaf Instant, 8 oz.	1 ct.	\$9.50
7117	Condensed Skim Milk, 14 oz.	1 ct.	\$3.50
7130	Corn Flakes, 18 oz.	1 ct.	\$6.50
7193	Corn Muffin Mix, 8 oz.	1 ct.	\$2.00
7150	Corn, 14 oz.	1 ct.	\$3.00
7131	Corn Oil, 16 oz.	1 ct.	\$5.00
7160	Corned Beef, 12 oz.	1 ct.	\$7.00
7192	Cream of Chicken Soup, 10 oz.	1 ct.	\$2.75
7191	Cream of Mushroom Soup, 10 oz.	1 ct.	\$2.75
7190	Cream of Wheat, 12 oz.	1 ct.	\$4.50
7147	Ensure® Chocolate Shake, 8 oz.	6 ct.	\$18.00
7146	Ensure® Vanilla Shake, 8 oz.	6 ct.	\$18.00
7024	Fruit Cocktail, 14.5 oz.	1 ct.	\$3.00
7159	Garbanzo Beans, 15 oz.	1 ct.	\$2.00
7168	Garlic Powder, 3 oz.	1 ct.	\$3.00
7177	Gelatin, Cherry, 1.4 oz.	1 ct.	\$2.00
7178	Gelatin, Orange, 1.4 oz.	1 ct.	\$2.00
7179	Gelatin, Strawberry, 1.4 oz.	1 ct.	\$2.00
7153	Glucerna® Chocolate Shake, 8 oz.	6 ct.	\$18.00
7148	Glucerna® Vanilla Shake, 8 oz.	6 ct.	\$18.00
7151	Green Beans, 14 oz.	1 ct.	\$3.00
7180	Grits, 32 oz.	1 ct.	\$3.00
7132	Honey Bunches of Oats®, 14.5 oz.	1 ct.	\$6.50

Food



Item#	Description	Count	Price
7185	Honey, 12 oz.	1 ct.	\$6.50
7032	Instant Mashed Potatoes, 13.75 oz.	1 ct.	\$4.00
7033	Jelly, Grape, 20 oz.	1 ct.	\$4.00
7034	Jelly, Strawberry, 20 oz.	1 ct.	\$4.00
7154	Ketchup, 20 oz.	1 ct.	\$4.00
7174	Lima Beans, 15 oz.	1 ct.	\$2.50
7186	Mayonnaise, 12 oz.	1 ct.	\$4.50
7183	Microwave Popcorn	3 ct.	\$3.50
7121	Milk, Shelf Stable 2%, 32 oz.	1 ct.	\$4.50
7041	Mixed Nuts, 5 oz.	1 ct.	\$5.50
7161	Mixed Vegetables, 15 oz.	1 ct.	\$3.00
7134	Nature Valley™ Granola Bars	12 ct.	\$5.50
7135	Oatmeal, Instant Packets	10 ct.	\$6.50
7044	Oats, Old Fashioned, 42 oz.	1 ct.	\$6.50
7045	Oats, Steel Cut, 24 oz.	1 ct.	\$7.00
7046	Olive Oil Cooking Spray, 5 oz.	1 ct.	\$6.50
7181	Olives, 6 oz.	1 ct.	\$4.00
7169	Onion Powder, 2.75 oz.	1 ct.	\$2.50
7182	Pancake Mix, 16 oz.	1 ct.	\$4.50
7048	Pancake Mix, Gluten Free, 26 oz.	1 ct.	\$8.00
7187	Pancake Syrup, 12 oz.	1 ct.	\$4.50
7053	Pasta, Spaghetti, 16 oz.	1 ct.	\$2.50
7054	Pasta, Spaghetti, Gluten Free, 12 oz.	1 ct.	\$4.00
7055	Pasta, Ziti, 16 oz.	1 ct.	\$2.50
7056	Peaches, Sliced, 8.5 oz.	1 ct.	\$2.50
7057	Peanut Butter, Creamy, 16 oz.	1 ct.	\$5.00
7058	Peanut Butter, Crunchy, 16 oz.	1 ct.	\$5.00

Food



Item#	Description	Count	Price
7059	Pear Halves, 15 oz.	1 ct.	\$3.00
7137	Peas, 8.5 oz.	1 ct.	\$2.00
7061	Pineapple, Sliced, 8 oz.	1 ct.	\$3.00
7062	Pinto Beans, 16 oz.	1 ct.	\$2.00
7063	Potatoes, Diced, 15 oz.	1 ct.	\$3.00
7175	Prunes, 10 oz.	1 ct.	\$5.00
7064	Pumpkin Seeds, 8 oz.	1 ct.	\$8.00
7065	Pumpkin, Canned, 15 oz.	1 ct.	\$3.50
7066	Raisin Bran®, 16 oz.	1 ct.	\$6.00
7173	Raisins, 9 oz.	1 ct.	\$4.00
7158	Ramen Noodle Soup, 3 oz.	1 ct.	\$1.00
7068	Red Kidney Beans, 15 oz.	1 ct.	\$3.00
7138	Rice Krispies, 12 oz.	1 ct.	\$6.00
7009	Rice, Brown, 28 oz.	1 ct.	\$5.00
7072	Rice, White, 28 oz.	1 ct.	\$5.00
7162	Rice, Yellow, 16 oz.	1 ct.	\$4.00
7074	Salad Dressing, Italian, 16 oz.	1 ct.	\$4.00
7076	Salad Dressing, Ranch, 16 oz.	1 ct.	\$4.00
7077	Salmon, Canned, 14.75 oz.	1 ct.	\$10.00
7184	Salt & Pepper	1 ct.	\$5.00
7165	Salt Substitute, 3 oz.	1 ct.	\$5.00
7141	Sandwich Crackers, Cheddar	8 ct.	\$4.50
7078	Sardines, 4.4 oz.	1 ct.	\$3.00
7166	Soup Bouillon, Beef	6 ct.	\$1.50
7167	Soup Bouillon, Chicken	6 ct.	\$1.50
7163	Soy Sauce, 10 oz.	1 ct.	\$3.00
7107	Spaghetti Sauce, 24 oz.	1 ct.	\$2.50

Food



Item#	Description	Count	Price
7080	Special K® Cereal, 18 oz.	1 ct.	\$6.00
7081	Splenda®, 1.75 oz.	1 ct.	\$5.00
7109	Steak & Vegetable Soup, 18.8 oz.	1 ct.	\$4.00
7085	Stevia In The Raw®, 3.5 oz.	1 ct.	\$8.00
7086	Sunflower Seeds, 9 oz.	1 ct.	\$4.00
7087	Tea Bags	100 ct.	\$5.50
7088	Tea Bags, Decaf	48 ct.	\$10.00
7089	Tomato Paste, 12 oz.	1 ct.	\$2.50
7090	Tomatoes, Crushed, 15 oz.	1 ct.	\$2.50
7091	Tomatoes, Diced, 14.5 oz.	1 ct.	\$2.00
7140	Trail Mix, 16 oz.	1 ct.	\$7.00
7101	Vienna Sausage, 4.6 oz.	1 ct.	\$1.50
7189	Water Chestnuts, 8 oz.	1 ct.	\$2.00
7142	Wheat Crackers, 9 oz.	1 ct.	\$3.50
7095	Yams, 29 oz.	1 ct.	\$4.50
7096	Yellow Mustard, 8 oz.	1 ct.	\$2.50

Fresh Produce Boxes



Item#	Description	Box Contents	Price
10005	Mixed Fruit & Veggie Box	2 oranges 2 pears 3 apples 1 romaine lettuce 1 green pepper 2 cucumbers	\$25.00
10006	All Veggie Box	1 head lettuce 1 squash 2 onions 2 potatoes 2 bell peppers 1/2 lb. snow peas 8 oz. portobello mushroom 1 lb carrots	\$25.00
10007	All Fruit Box	6 apples 3 oranges 3 pears 3 kiwis	\$25.00
10008	Mixed Fruit & Veggie Box 2	6 apples 1 potato 2 carrots 2 green peppers 2 pears	\$25.00
10009	Ethnic Cuisine Asian Box	1 broccoli 1 cabbage 2 bok choy 1 snow peas 2 red peppers 2 zucchini squash 1 onion	\$35.00

Fresh Produce Boxes



Item#	Description	Box Contents	Price
10010	Anti-Inflammatory Box	1 bunch kale 1 zucchini 4 carrots 1 head lettuce 1 bok choy Green beans (small package) 3 apples 1 pear 1 orange	\$35.00
10011	Diabetic Friendly Box	1 bunch kale 1 zucchini 1 onion 4 carrots 2 green bell peppers 3 apples 1 pear	\$35.00
10012	Healthy Snacking Box	Snow peas (small package) 1 green bell pepper 1 bunch celery 1 cucumber 6 apples 1 pear 1 orange	\$35.00

This 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 physician (PCP) about which grocery items you should use to better manage your health and/or chronic illness.

STEP 2 – Make Your Selection

ITEM#	DESCRIPTION	PRICE	QUANTITY	TOTAL
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
Total Order Amount				\$ _____

NOTE: If the total amount is more than your benefit allowance, a Member Experience Advisor will call you to see if you would like to pay the extra amount or remove an item for your order.

STEP 3 – Mail Completed Form

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

NationsOTC
 1801 NW 66th Avenue, Suite 100
 Plantation, FL 33313

If you have any questions or need help placing your order, please call NationsBenefits at **877-209-5189 (TTY: 711)**. Member Experience Advisors are available 8am – 8pm until December 31, 2021. Beginning January 1, 2022, we will be open 24 hours per day, 7 days per week, 365 days per year. Language support services are available, if needed.

I understand that the phone numbers and/or emails I provided on this form may be used by VIVA MEDICARE, 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: Please mail your order form no later than the 20th of the month to ensure your order total is applied to the current benefit period. If you need your order sooner, please go online or call.

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Order the Groceries You Need Today



Visit
NationsBenefits.com/
Viva



Call
877-209-5189
(TTY: 711)



Complete and mail
an order form to
NationsBenefits

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VIVA HEALTH complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800- 633-1542 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-633-1542 (TTY: 711).