

# COVID-19: GROCERY & PHARMACY HOME DELIVERY OPTIONS

The CDC recommends that individuals follow guidance from authorities where they live regarding social distancing. Cover your mouth and nose with a cloth face cover in community settings, including when you have to go out in public, especially in situations where you may be near others (e.g. grocery stores or pharmacies). These face coverings are not a substitute for social distancing and should be used in combination with hand washing, using hand sanitizers and staying 6 feet apart from others. In areas where there is widespread COVID-19 illness, the CDC recommends staying home as much as possible and considering using alternatives including **mail-order or delivery services for medications that are used regularly** and **grocery delivery service**.

COVID-19 transmission peaks will vary by geography. During such times, there are resources to order and have groceries/prescription drugs delivered. Please see below and note that each organization's capacity and delivery time frames change frequently.

## Pharmacy Delivery

There are various options for having medications delivered to your home. Each pharmacy will have information on how to switch a retail prescription to mail-order for recurring medications, how to get a 90-day supply of medications that are regularly used, and whether their store is offering drive-thru as an alternate option. Other organizations are simply offering home delivery. Check with your pharmacy benefit manager to confirm that the pharmacy you are considering ordering from is in their retail network.

Click a vendor name below to be redirected to their website or online offering.

Vendor	Description
<a href="#"><u>CVS</u></a>	CVS Pharmacy will waive charges for home delivery of prescription medications. This includes prescriptions normally filled at Target.
<a href="#"><u>Express Scripts</u></a>	Express Scripts is offering free shipping on home delivery.
<a href="#"><u>Optum</u></a>	OptumRx is offering free shipping on home delivery.
<a href="#"><u>Rite Aid</u></a>	Rite Aid has waived fees for eligible prescriptions – varies by location. Contact nearest Rite Aid location for details.
<a href="#"><u>Walgreens</u></a>	Walgreens has waived delivery fees for eligible prescriptions; has also partnered with Postmates in some locations.
<a href="#"><u>Costco</u></a>	Costco provides home delivery of medications with free standard shipping.
<a href="#"><u>Walmart</u></a>	Walmart Mail Order Pharmacy provides home delivery of medications.
<a href="#"><u>Local Pharmacies</u></a>	Many local pharmacies are offering free home delivery within cities/towns. Check with your local pharmacy to see if they are delivering.

## Grocery Delivery

Vendor	Description
<u>Amazon Fresh</u>	Free grocery delivery for Amazon Prime members. Participating grocery stores include Amazon Fresh and Whole Foods. <i>Note: inventory and delivery may be temporarily unavailable in some regions, due to increased demand.</i>
<u>Instacart</u>	Basic: \$3.99 delivery fee + \$10 minimum order Express Annual: \$99/year for no delivery fees on orders over \$35 Express Monthly: \$9.99/month for no delivery fees on orders over \$35 <i>Participating grocery stores include Wegmans, Aldi, Market Basket, Costco, BJ's, Big Y, Shaw's, Star Market, Target, Albertsons, Vons, Sprouts, Sam's Club, and more. Other grocery stores may use Instacart for delivery – check the Instacart website for more information.</i>
<u>Shipt</u>	Annual Plan: \$99/year for no delivery fees on orders over \$35 Monthly Plan: \$14/month for no delivery fees on orders over \$35 <i>Participating grocery stores include Target, Ralphs, Safeway, and more. Other grocery stores may use Shipt for delivery – check the Shipt website for more information.</i>

Please note that Peapod grocery delivery is currently sold out.

## Meal-Kit Delivery

Vendor	Description
<u>Blue Apron</u>	Provide ingredients in exactly the right proportions. No commitment necessary. Flexibility with dietary restrictions. <ul style="list-style-type: none"> <li>• 3 recipes, serves 2: \$59.94/week</li> <li>• 3 recipes, serves 4: \$95.88/week</li> <li>• 3 recipes, serves 2 (vegetarian): \$59.94/week</li> </ul>
<u>Hello Fresh</u>	Provide ingredients in exactly the right proportions. No commitment necessary. Flexibility with dietary restrictions. <ul style="list-style-type: none"> <li>• 3 recipes, serves 2: \$53.94/week + shipping (\$7.99)</li> <li>• 3 recipes, serves 4: \$89.88/week + shipping (\$7.99)</li> </ul>
<u>Home Chef</u>	Provide ingredients in exactly the right proportions. No commitment necessary. Flexibility with dietary restrictions. <ul style="list-style-type: none"> <li>• 3 recipes, serves 2: \$59.70/week</li> <li>• 3 recipes, serves 4: \$119.40/week</li> <li>• 3 recipes, serves 6: \$179.10/week</li> </ul>
<u>Every Plate</u>	Provide ingredients in exactly the right proportions. No commitment necessary. Flexibility with dietary restrictions. <ul style="list-style-type: none"> <li>• 3 recipes, serves 2: \$29.94/week + shipping (\$8.99)</li> <li>• 3 recipes, serves 4: \$68.87/week + shipping (\$8.99)</li> </ul>
<u>Purple Carrot</u>	Provide ingredients in exactly the right proportions. No commitment necessary. Plant-based meals only. <ul style="list-style-type: none"> <li>• 3 recipes, serves 2: \$71.94/week</li> <li>• 3 recipes, serves 4: \$119.88/week</li> </ul>
<u>Freshly</u>	Single-serve, premade meals, no cooking needed. No commitment necessary. Flexibility with dietary restrictions. <ul style="list-style-type: none"> <li>• 6 recipes, serves 1: \$53.94/week</li> <li>• 12 recipes, serves 1: \$95.88/week</li> </ul>

Please note that currently, Sun Basket is sold out and not delivering.

## Food Delivery from Local Restaurants

Vendor	Description
<u>Door Dash</u>	Delivery Fee: \$5 or more depending on the restaurant. No delivery fee for orders over \$10/\$15 (depends on restaurant). Service Fee: 11% of order Membership: \$9.99/month includes free delivery on orders over \$12. COVID-19 Promo: Free first delivery from select restaurants
<u>GrubHub</u>	Delivery Fee: \$4-\$8 COVID-19 Promo: free first delivery
<u>Seamless</u>	Delivery Fee: \$2.99. Service Fee: 5.25% of order. Membership: \$9.99/month includes free delivery and 10% cashback on orders
<u>Uber Eats</u>	COVID-19 Promo: No delivery fees for orders from independently owned restaurants.
<u>Postmates</u>	<i>Grocery delivery and alcohol delivery from local stores, in addition to food delivery from local restaurants.</i> Delivery Fee: \$0.99-\$3.99 for partner restaurants; \$5.99-\$9.99 for all other restaurants
<u>Drizly</u>	<i>Alcohol delivery from local stores.</i> Delivery Fee: \$5

## Free & Low-Cost Food/Meals

Vendor	Description
<u>Meals on Wheels</u>	Home delivery of meals to medically homebound seniors. Supported by 5,000 community-based programs across the country. Low-Income Seniors: Suggested donation (e.g., \$3.00 per meal); Non-Low-Income Seniors may be asked to cover the actual cost (e.g., \$6.00 to \$7.00/meal). The Supplemental Nutrition Assistance Program (SNAP) can help cover costs associated with Meals on Wheels.
<u>WIC</u>	The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. Funding and support varies by state
<u>SNAP</u>	SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency. Funding and support varies by state
<u>Dial 211</u>	211 is the most comprehensive source of locally curated social services information in the U.S. Your local 211 can help you find and access resources in your community like food pantries, meal delivery services, and public benefits like SNAP and WIC.

*Please be advised that any and all information, comments, analysis, and/or recommendations set forth above relative to the possible impact of COVID-19 on potential insurance coverage or other policy implications are intended solely for informational purposes and should not be relied upon as legal or medical advice. As an insurance broker, we have no authority to make coverage decisions as that ability rests solely with the issuing carrier. Therefore, all claims should be submitted to the carrier for evaluation. The positions expressed herein are opinions only and are not to be construed as any form of guarantee or warranty. Finally, given the extremely dynamic and rapidly evolving COVID-19 situation, comments above do not take into account any applicable pending or future legislation introduced with the intent to override, alter or amend current policy language.*