



# Grocery and 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
- + 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 timeframes 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.

Vendor	Description	Link
CVS	CVS Pharmacy will waive charges for home delivery of prescription medications. This includes prescriptions normally filled at Target.	<a href="https://www.cvs.com/content/delivery">https://www.cvs.com/content/delivery</a>
Express Scripts	Express Scripts is offering free shipping on home delivery.	<a href="https://www.express-scripts.com/covid19/index.html">https://www.express-scripts.com/covid19/index.html</a>
Optum	OptumRx is offering free shipping on home delivery.	<a href="http://www.optum.com/covid-19">www.optum.com/covid-19</a>
Rite Aid	Rite Aid has waived fees for eligible prescriptions – varies by location. Contact the nearest Rite Aid location for details.	<a href="http://www.riteaid.com">www.riteaid.com</a>
Walgreens	Walgreens has waived delivery fees for eligible prescriptions; has also partnered with Postmates in some locations.	<a href="http://www.walgreens.com">www.walgreens.com</a>

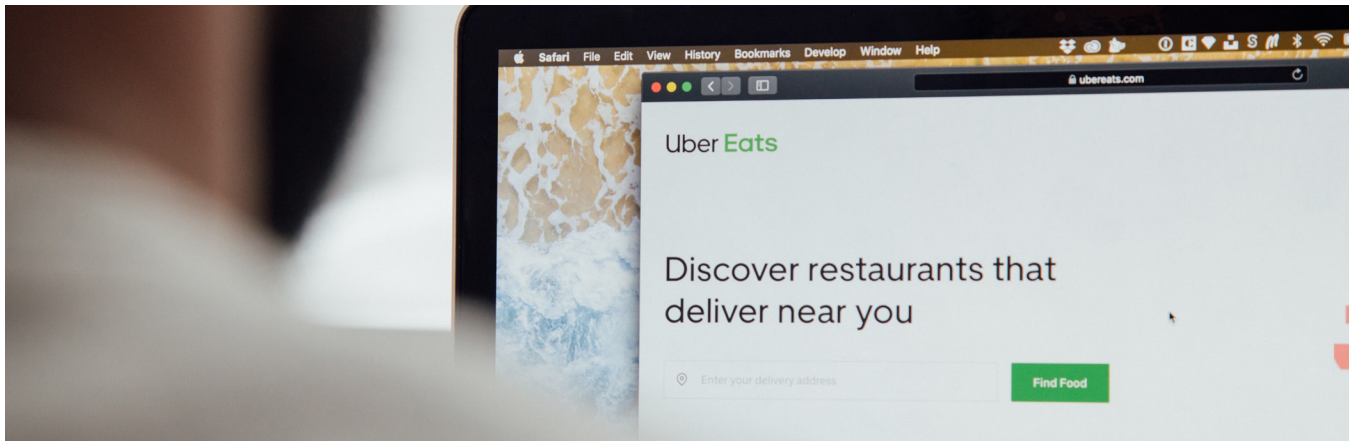


[ PHARMACY DELIVERY CONTINUED ]

Vendor	Description	Link
Costco	Costco provides home delivery of medications with free standard shipping.	<a href="https://www.costco.com/pharmacy/about-home-delivery.html">https://www.costco.com/pharmacy/about-home-delivery.html</a>
Walmart	Walmart Mail Order Pharmacy provides home delivery of medications.	<a href="https://www.walmart.com/cp/pharmacy-home-delivery/1042239">https://www.walmart.com/cp/pharmacy-home-delivery/1042239</a>
Local Pharmacies	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	Link
Amazon Fresh	<ul style="list-style-type: none"><li>- Free grocery delivery for Amazon Prime members</li><li>- Participating grocery stores include Amazon Fresh and Whole Foods</li></ul> <b>Note: inventory and delivery may be temporarily unavailable in some regions, due to increased demand.</b>	<a href="https://www.amazon.com/alm/storefront?almBrandId=QW1hem9uIEZyZXNo">https://www.amazon.com/alm/storefront?almBrandId=QW1hem9uIEZyZXNo</a>
Instacart	<ul style="list-style-type: none"><li>- Basic: \$3.99 delivery fee + \$10 minimum order</li><li>- Express Annual: \$99/year for no delivery fees on orders over \$35</li><li>- Express Monthly: \$9.99/month for no delivery fees on orders over \$35</li><li>- 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.</li></ul>	<a href="https://www.instacart.com/">https://www.instacart.com/</a>
Shipt	<ul style="list-style-type: none"><li>- Annual Plan: \$99/year for no delivery fees on orders over \$35</li><li>- Monthly Plan: \$14/month for no delivery fees on orders over \$35</li><li>- Participating grocery stores include Target, Ralphs, Safeway, and more. Other grocery stores may use Shipt for delivery – check the Shipt website for more information.</li></ul>	<a href="https://www.shipt.com/">https://www.shipt.com/</a>



## FOOD DELIVERY

Vendor	Description	Link
Door Dash	<ul style="list-style-type: none"><li>- Food delivery from local restaurants</li><li>- Delivery Fee: \$5 or more depending on the restaurant. No delivery fee for orders over \$10/\$15 (depends on the restaurant).</li><li>- Service Fee: 11% of order</li><li>- Membership: \$9.99/month includes free delivery on orders over \$12</li><li>- COVID-19 Promo: Free first delivery from select restaurants</li></ul>	<a href="https://www.doordash.com/en-US">https://www.doordash.com/en-US</a>
GrubHub	<ul style="list-style-type: none"><li>- Food delivery from local restaurants</li><li>- Delivery Fee: \$4-\$8</li><li>- COVID-19 Promo: free first delivery</li></ul>	<a href="https://www.grubhub.com/">https://www.grubhub.com/</a>
Seamless	<ul style="list-style-type: none"><li>- Food delivery from local restaurants</li><li>- Delivery Fee: \$2.99</li><li>- Service Fee: 5.25% of order</li><li>- Membership: \$9.99/month includes free delivery and 10% cashback on orders</li></ul>	<a href="https://www.seamless.com/lets-eat">https://www.seamless.com/lets-eat</a>
Uber Eats	<ul style="list-style-type: none"><li>- Food delivery from local restaurants</li><li>- COVID-19 Promo: No delivery fees for orders from independently owned restaurants.</li></ul>	<a href="https://www.ubereats.com/">https://www.ubereats.com/</a>
Postmates	<ul style="list-style-type: none"><li>- Food delivery from local restaurants</li><li>- Grocery delivery from select local grocery stores</li><li>- Alcohol delivery from local stores</li><li>- Delivery Fee: \$0.99-\$3.99 for partner restaurants and \$5.99-\$9.99 for all other restaurants</li></ul>	<a href="https://postmates.com/">https://postmates.com/</a>
Drizly	<ul style="list-style-type: none"><li>- Alcohol delivery from local stores</li><li>- Delivery Fee: \$5</li></ul>	<a href="https://drizly.com/">https://drizly.com/</a>



## MEAL KIT DELIVERY

Vendor	Description	Link
Blue Apron	Provide ingredients in exactly the right proportions. No commitment is necessary. Flexibility with dietary restrictions. - 3 recipes, serves 2: \$59.94/week - 3 recipes, serves 4: \$95.88/week - 3 recipes, serves 2 (vegetarian): \$59.94/week	<a href="https://www.blueapron.com/">https://www.blueapron.com/</a>
Hello Fresh	Provide ingredients in exactly the right proportions. No commitment is necessary. Flexibility with dietary restrictions. - 3 recipes, serves 2: \$53.94/week + shipping (\$7.99) - 3 recipes, serves 4: \$89.88/week + shipping (\$7.99)	<a href="https://www.hellofresh.com/">https://www.hellofresh.com/</a>
Home Chef	Provide ingredients in exactly the right proportions. No commitment is necessary. Flexibility with dietary restrictions. - 3 recipes, serves 2: \$59.70/week - 3 recipes, serves 4: \$119.40/week - 3 recipes, serves 6: \$179.10/week	<a href="https://www.homechef.com/">https://www.homechef.com/</a>
Every Plate	Provide ingredients in exactly the right proportions. No commitment is necessary. Flexibility with dietary restrictions. - 3 recipes, serves 2: \$29.94/week + shipping (\$8.99) - 3 recipes, serves 4: \$68.87/week + shipping (\$8.99)	<a href="https://www.everyplate.com/">https://www.everyplate.com/</a>
Purple Carrot	Provide ingredients in exactly the right proportions. No commitment is necessary. Plant-based meals only. - 3 recipes, serves 2: \$71.94/week - 3 recipes, serves 4: \$119.88/week	<a href="https://www.purplecarrot.com/">https://www.purplecarrot.com/</a>
Freshly	Single-serve, premade meals, no cooking needed. No commitment is necessary. Flexibility with dietary restrictions. - 6 recipes, serves 1: \$53.94/week - 12 recipes, serves 1: \$95.88/week	<a href="https://www.freshly.com/">https://www.freshly.com/</a>







## FREE & LOW-COST FOOD / MEALS

Vendor	Description	Link
Meals on Wheels	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.	<a href="https://www.mealsonwheelsamerica.org/">https://www.mealsonwheelsamerica.org/</a>
WIC	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	<a href="https://www.fns.usda.gov/wic">https://www.fns.usda.gov/wic</a>
SNAP	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	<a href="https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program">https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program</a>
Dial 211	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.	<a href="http://211.org/">http://211.org/</a>

*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 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.*