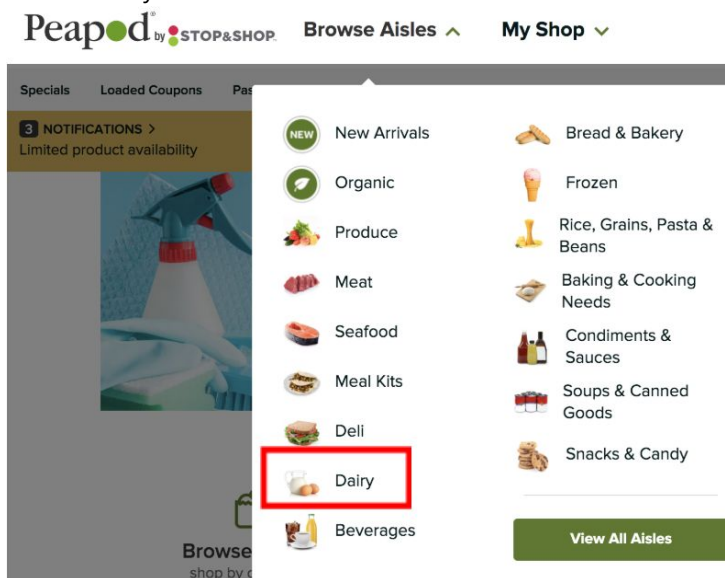


Grocery and Pharmacy Delivery Guide

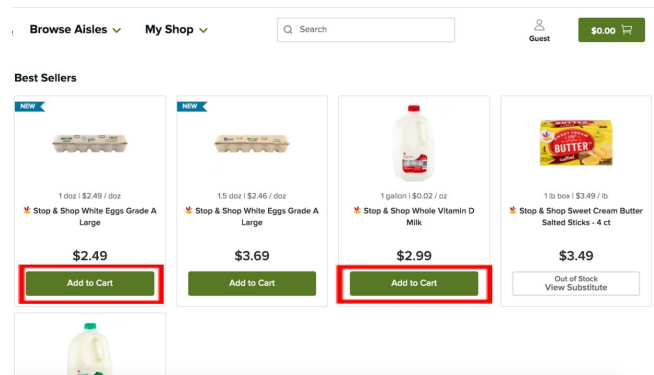
If you have trouble with this, feel free to call 475-675-0564 to access our free patient tech-support.

1) Stop and Shop

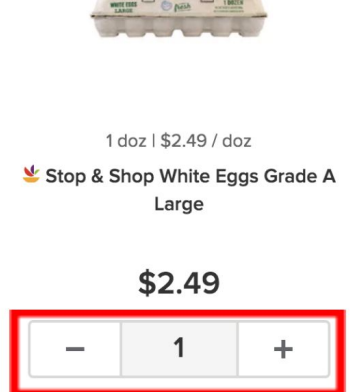
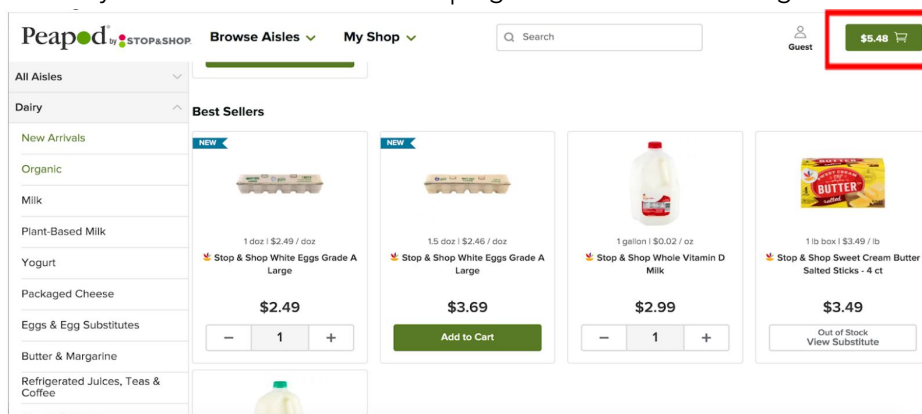
- Open your internet browser (Google, Safari, Firefox, Internet Explorer are all fine)
- Type www.peapod.com into the search bar. It should look like the photo below.
- Enter your zip code.
- Select your city from the drop-down menu and tap "Start Shopping".
- Tap on the "Browse Aisles" tab on the top left and select what you are looking for. For this example, I selected "Dairy."



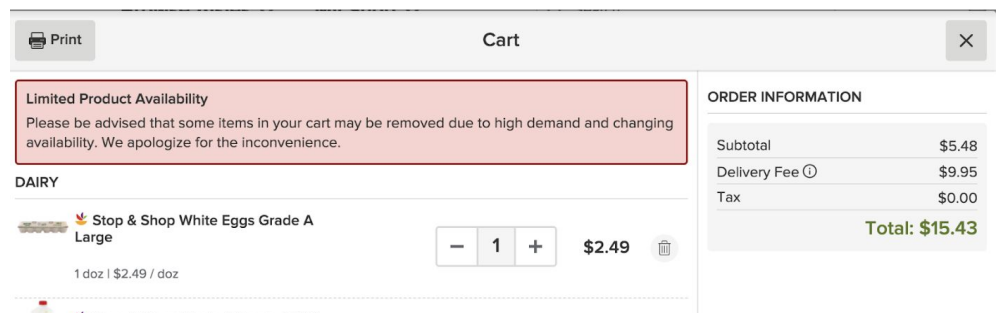
- After that, you should see a menu of food options. Let's say I want to buy eggs and milk. I click the green "Add to Cart" button under each item.



- I then see an option to choose how many of each item I want. I only need 1 carton, so I don't click anything else.
- Now, I'm ready to checkout. I look to the top right corner and click the green cart button.



- Note that there is now a delivery fee and a notice that some items might not be delivered due to a shortage. I press "Checkout."



j) I now choose to have my items delivered by clicking the green "Select" button found under the Delivery option.
 k) Then, I enter my zip code and town again.
 l) Now, you choose when you want your items delivered. Select the day that works best for you on the left and the time that works best for you on the right. You need to be home at this time to grab the groceries from your porch.
 m) The next page prompts you to enter your credit card information, click confirm, and then you are done! Be sure to keep your phone handy in case your delivery driver reaches out to you.

3) Costco

a) Open your internet browser (Google, Safari, Firefox, Internet Explorer are all fine)
 b) Type <https://www.costco.com/my-life-costco-grocery-online-delivery.html> into the search bar.
 c) Costco will either prompt you to select your delivery zip code or change the one they automatically detect for you. Click "Change" if Costco automatically detects one and it is wrong, or "Enter your zip code" if Costco does not detect it.
 d) Now, select "Grocery" from the blue tab and choose what you want to buy. I want to buy a breakfast item for this example, so I will click "Breakfast."

e) Now, I see my favorite cereal, Frosted Mini Wheats. I select how many boxes I want and click "Add to Cart" below it.
 f) Now, I am ready to checkout. I click the "Cart" icon in the upper right corner. Note, if you spend at least \$75, Costco will deliver to you for free.

g) Now, I am ready to pay. I click "Checkout."

h) Lastly, I either sign-in to my Costco account OR register to create an account. If you create an account, be sure to write down your membership information.

Shopping Cart

Continue Shopping **Checkout**

Item	Price	Quantity	Total
2-Day Delivery Continue Shopping Grocery			
Current Order: \$9.99 Add \$65.01 More to Avoid a \$3 Delivery Fee 2-Day Delivery orders are delivered within 2 business days when ordered by 12 p.m. Restrictions may apply. Delivery Details			
Kellogg's Frosted Mini Wheats Cereal, 35 oz, 2-count Item 144482 2-Day Delivery	\$9.99	1 Update Remove	\$9.99
			Add to List
Subtotal (1 Item)			\$9.99
Calculate Shipping			
2-Day Delivery Fee			\$3.00
Estimated Order Total			\$12.99
Applicable taxes will be calculated at checkout.			
Continue Shopping			Checkout

Sign In

Sign in to access your Costco.com account.

Email Address

Password

☐ Remember Me

Sign In

[Forgot Password?](#)

New to Costco.com?
Create Account

4) InstaCart/Publix

Publix uses a delivery service known as Instacart to provide home grocery delivery. In order to order groceries from Publix to be delivered to your home, follow the instructions below.

- Open your internet browser (Google Chrome, Safari, Firefox, Internet Explorer are all fine).
- Open a new tab and type delivery.publix.com into the search bar and press enter. It should look like the photo below.



- You should now see the webpage below. In the white box in the center of the page labeled "Enter zip code", type in your zip code, then click on the green rectangular button that says "Start Shopping" in the center (outlined in red). To provide an example, I have entered the zip code "32819", but you should type in whatever your zip code is.

How It Works Log In

Powered by

Grocery Delivery & Curbside Pickup

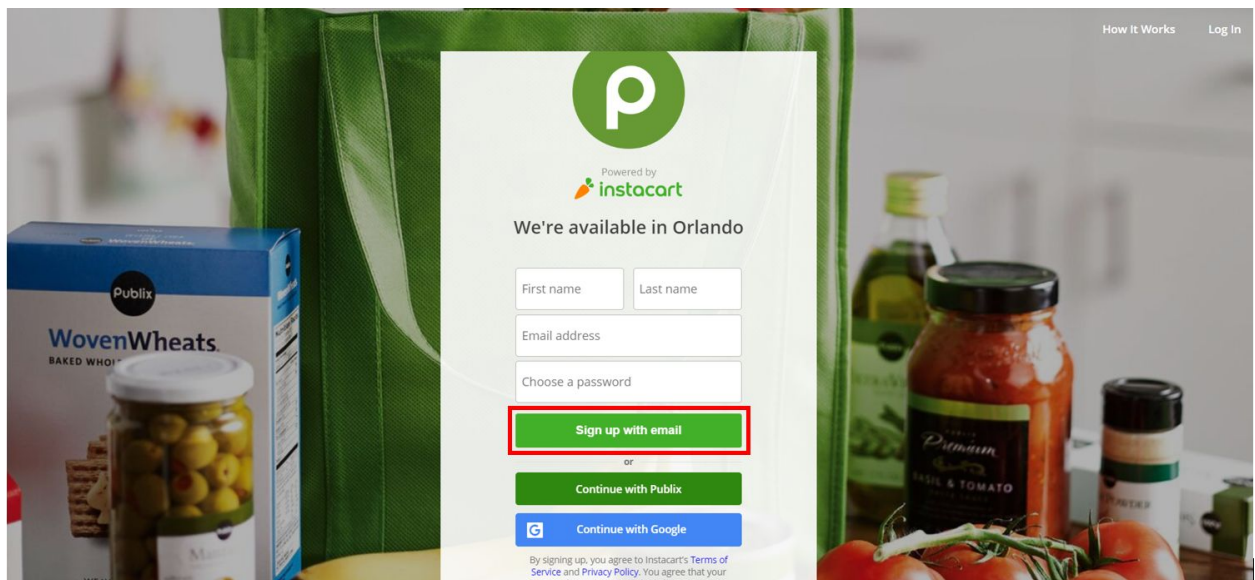
Enter zip code to shop your local store

Enter zip code
32819

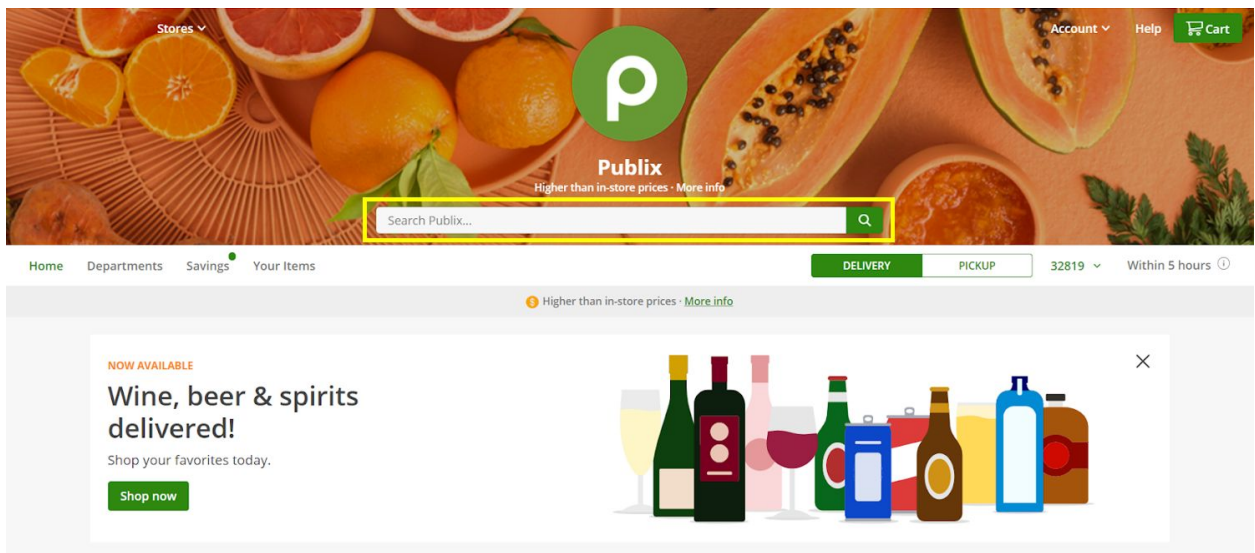
Start Shopping

Already have an account? [Log in](#)

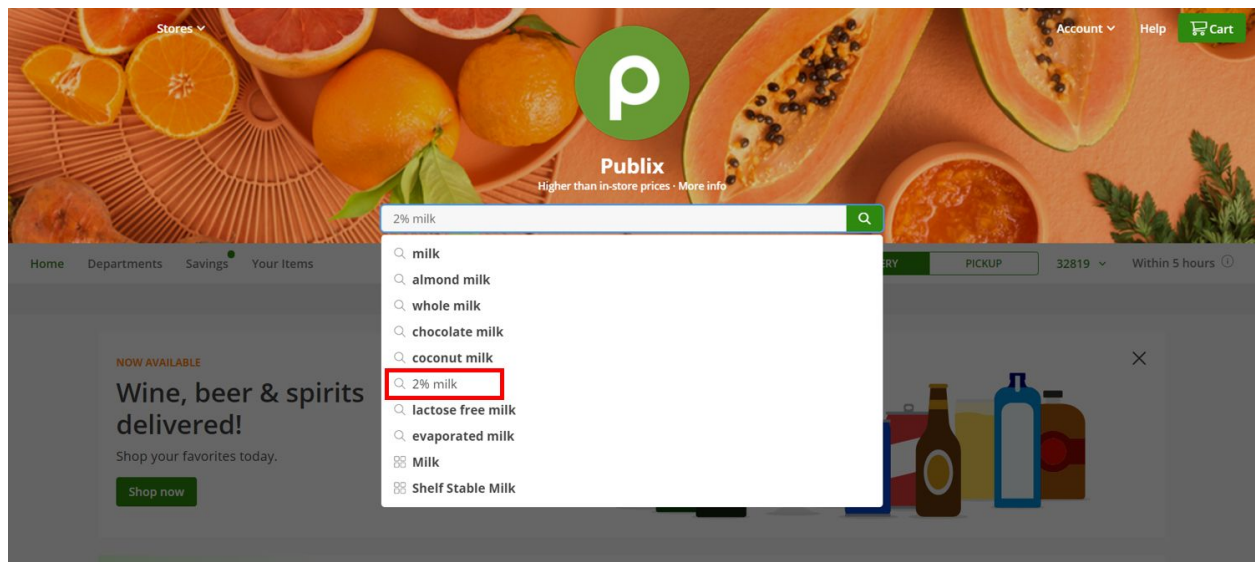
- If the Instacart delivery service for Publix is not available in your area, the website will notify you by saying "We're coming to [your zipcode] soon!" If you see this, please try using one of the other delivery services we have on this document.
- After pressing "Start Shopping", you should now see the webpage below.



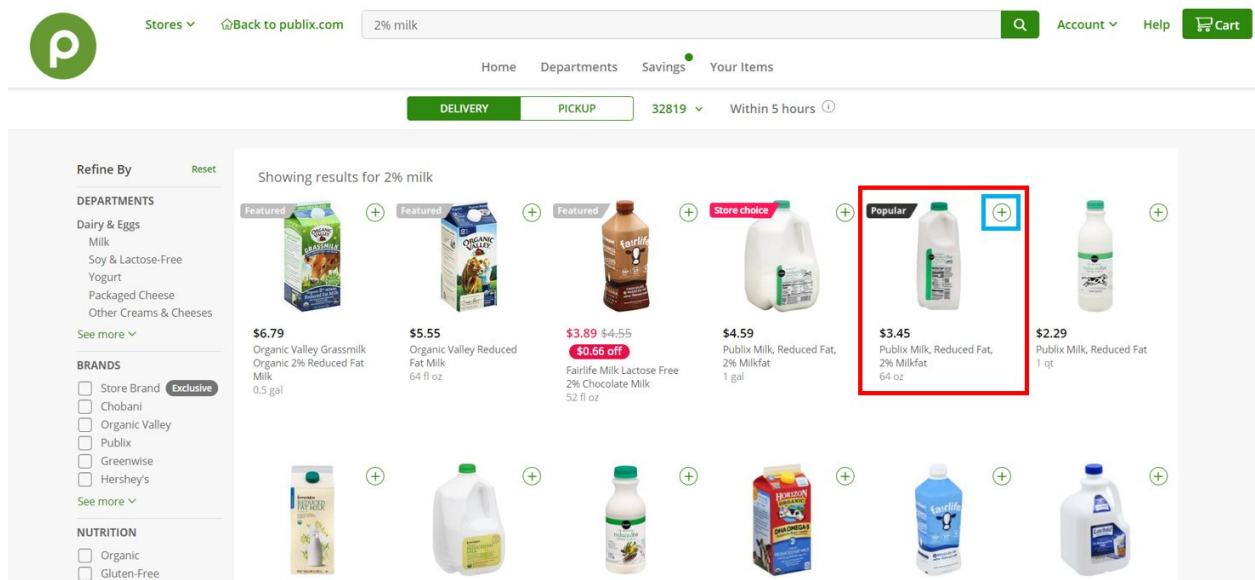
- f) Type in your first and last name and email into the corresponding labeled white boxes. Choose and type in a password that you will remember. The email address that you enter will be used as your username in order to login to Instacart and place deliveries. Please make sure to write down the email and password you choose on a piece of paper to ensure you do not lose the information. Once you have entered your name, email, and password, click on the light green rectangular button labeled “Sign up with email” (outlined in red in the image above).
- g) After clicking the “Sign up with email” button, you should now see the web page shown below. If it looks slightly different - that is okay. The images displayed might change from day to day. The search bar labeled “Search Publix...” in the upper middle portion of the screen (outlined in yellow) is where you type in the food/items you want to order.



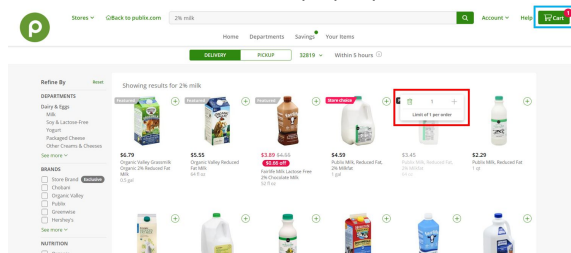
- h) Now, you can begin shopping! I’m going to provide an example of how to search for common grocery items. Let’s say I want to buy a half gallon of 2% milk. Begin by entering “milk” into the search bar. A drop down menu of similar search terms should appear as you type. Here is what I see:



- i) Because I want to purchase 2% milk, I clicked on the search term “2% milk” that appeared in the drop down menu (outlined in red). After clicking it, I was redirected to the webpage shown below.



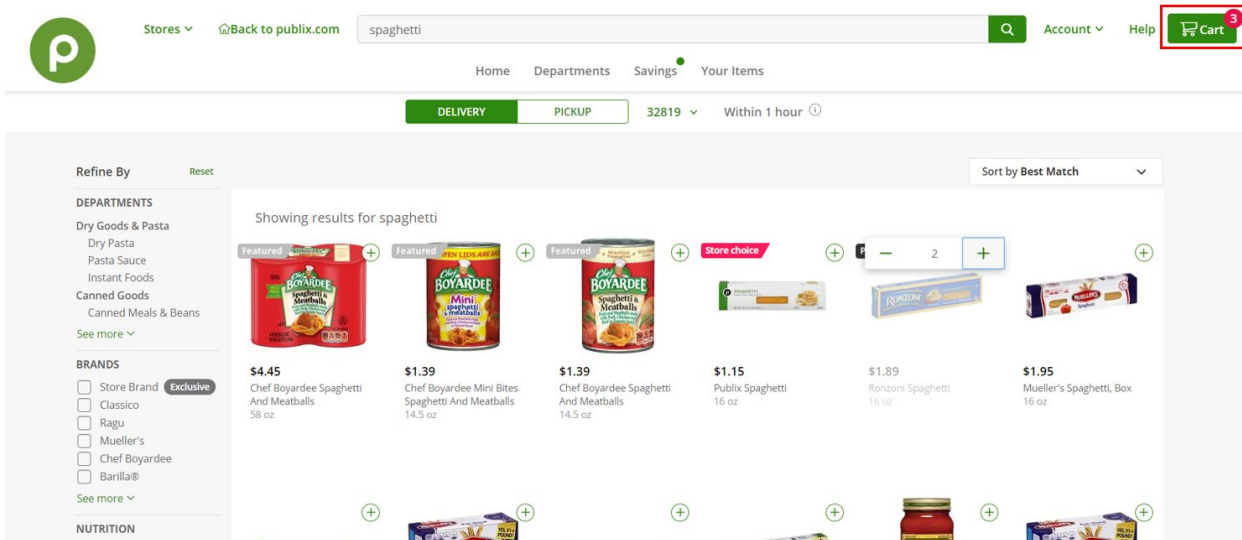
- j) I want to buy a half gallon of Publix 2% milk, and after searching through the options that popped up, I see exactly what I want in the top row (outlined in red). In order to add the milk to my cart, I must click on the plus sign icon (+) that is located on the upper right-hand side of the milk (outlined in blue). Once I click the plus sign icon, a new box will pop up (outlined in red in the image below).



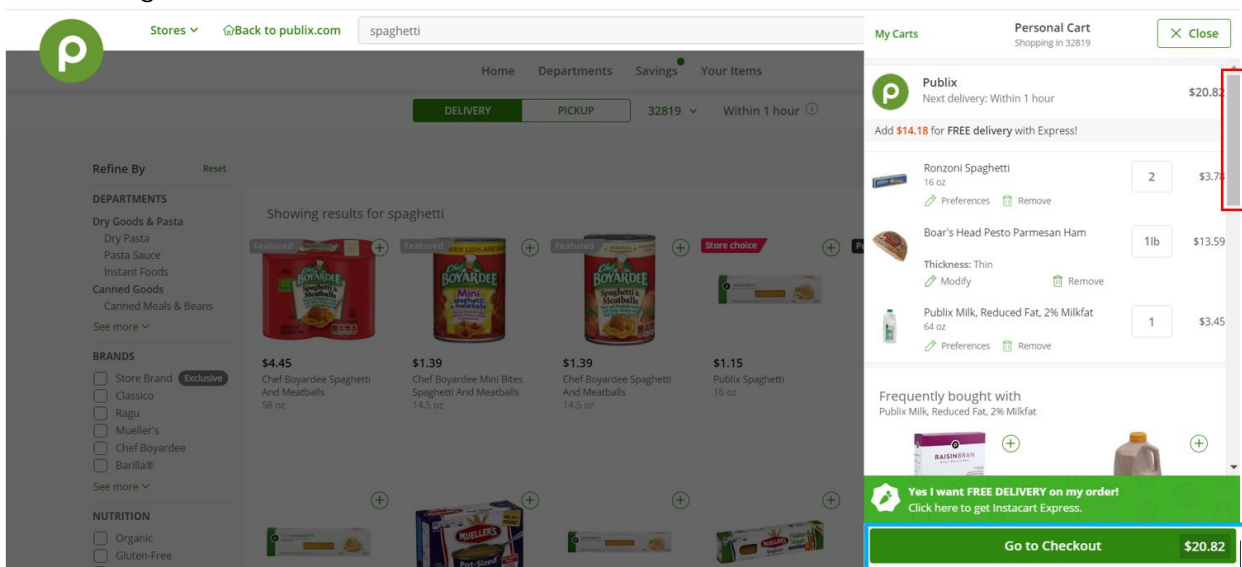
- k) After clicking the + icon, a red bubble appears in the upper right hand corner of the green “Cart” button in the upper right corner of the screen (outlined in blue) that indicates the item has successfully been added to my cart and serves as a counter of the number of items I have added to my cart. As you can see, due to the pandemic, each person is limited to purchasing one bottle of milk per order. If I decide that I no longer want to

add this milk to my cart, you can simply press the trash can icon that appears in this pop-up box to remove it from your cart. You can also remove it later on, which I will show later.

- l) Now that I've successfully added the milk to my cart, I will proceed to the checkout by pressing the rectangular green button labeled "Cart" in the upper right hand corner of the screen (outlined in red below).



- m) After clicking the cart button, a new popup box will appear on the right-hand side of the page, as shown in the image below.



- n) In this pop-up window, you can check to make sure all of the items you need have successfully been added to your cart. If you have too many items to see all at once, you can click and hold the gray bar (outlined in red) and drag down to scroll through and check your items. If everything seems right, you can proceed to checkout by clicking the darker green rectangular button labelled "Go to Checkout" on the bottom right portion of the screen (outlined in blue).

- o) After clicking the "Go to Checkout" button, you will directed to the screen below:

The screenshot shows the Instacart checkout screen. On the left, there is a 'Delivery' section with fields for 'Add delivery address', 'Address line 1', 'Address line 2 (optional)', 'Business name (optional)', 'Zip code' (32819), and 'Instructions for delivery (optional)'. A 'Save' button is at the bottom of this section. On the right, there is a 'Place order' section with a 'Subtotal' of \$20.82, a 'Service fee Change' of \$1.04, a 'Delivery Tip' of \$2.00, and a 'Total' of \$23.86. A 'Go to Checkout' button is at the bottom of the 'Place order' section.

- p) Please type in the address you want your groceries delivered into the correspondingly labeled white boxes. In the box labelled “Instructions for delivery (optional)”, you can add any instructions that a driver might need to deliver to your house (e.g. a gate code, how to get into your apartment, etc.). Once you have finished entering your address details, click the green “Save” button (outlined in red). This will save your address for future deliveries so you don’t have to type it in again.
- q) After you have saved your address, your screen should update to look like the image below:

The screenshot shows the Instacart app interface. At the top, there's a 'Delivery' section with a location pin icon and the address '123 East Livingston Street, Orlando, FL 32801'. Below this is a 'Choose delivery time' section with tabs for 'Today', 'THU', 'FRI', 'SAT', and 'MON'. Under 'Today', there are two options: 'Within 1 hour' for \$9.99 and 'Within 2 hours' for \$7.99. The 'CHOOSE' button next to 'Within 1 hour' is outlined in red. To the right, a 'Place order' section shows a subtotal of \$20.82, a delivery fee of \$9.99, and a service fee of \$1.04, totaling \$23.86. A 'Continue' button is at the bottom right.

- r) If you want your groceries delivered at a later date, click the box with the date you want. If you want your groceries delivered today, simply leave the “Today” box highlighted and select the delivery time you want by pressing the white box labeled “CHOOSE” (outlined in red) next to your preferred time. After you press the “CHOOSE” button, your screen will update to look like the image below:

The screenshot shows the Instacart app interface. At the top, there's a 'Delivery' section with a location pin icon and the address '123 East Livingston Street, Orlando, FL 32801'. Below this is a 'Delivery time' section with a dropdown menu showing 'Today, Apr 8, Within 1 hour'. To the right, a 'Place order' section shows a subtotal of \$20.82, a delivery fee of \$9.99, and a service fee of \$1.04, totaling \$33.85. A 'Continue' button is at the bottom left, outlined in red.

- s) You can now enter any additional delivery instructions you may have for the driver by typing into the box labeled “Add delivery instructions (optional)”. I recommend that you type “I want a no-contact delivery. Please leave the groceries at my door.” This way you can avoid any potential exposure from interacting with the delivery driver. You can also click to check the small box next to the option “Leave at my door if I am not around”. Once you are finished, click the rectangular green box labeled “Continue” (outlined in red). Your screen should update to the image below:

The screenshot shows the Instacart app interface. At the top, there's a 'Delivery' section with a location pin icon and the address '123 East Livingston Street, Orlando, FL 32801'. Below this is a 'Delivery time' section with a dropdown menu showing 'Today, Apr 8, Within 1 hour'. To the right, a 'Place order' section shows a subtotal of \$20.82, a delivery fee of \$9.99, and a service fee of \$1.04, totaling \$33.85. A 'Continue' button is at the bottom left, outlined in red.

- t) In the box labelled “Mobile number (10-digit)”, type in your phone number. This will allow your delivery driver to text you if they have any issues finding your items at the grocery store. Due to the pandemic, some items may not be in stock and they will text you to suggest a replacement item (for example, a different brand of spaghetti). You will be able to respond and approve the replacement. They will also text you when your order is finished and when they have dropped your groceries off. Once you have finished entering your phone number, press the rectangular green box labeled “Save” (outlined in red) to proceed to the next part. Your screen should look like the image below:

The screenshot shows a delivery app interface. On the left, there are sections for 'Delivery time' (Today, Apr 8, Within 1 hour), 'Delivery Instructions' (Leave at my door if I am not around), 'Mobile number' (1234561234), 'Add a payment method' (with fields for Card Number, Expiration, and CVC), and 'Billing address' (123 East Livingston Street). A red rectangular box highlights a 'Continue' button. On the right, there is a 'Delivery Tip' section with a 'CHANGE' button and a '\$2.00' amount, a 'Total' of '\$33.85', and an 'Add promo code' field. Below the 'Continue' button, there is a section for '3 items' with a checkmark and icons of a box, a bottle, and a pizza.

- u) Type in your credit card information into the boxes as labelled. If you have a billing address that is different from your delivery address, press the carrot (outlined in blue). A drop down box will appear - click the option that says “Use a new address..” and you will be able to enter a new address. If your billing address is the same as your delivery address, click the button labeled “Continue” (outlined in red). Your screen will update to look like the image below:

The screenshot shows the same delivery app interface as before, but with the 'Payment' field now showing 'MasterCard 7662'. The 'Continue' button is no longer visible. A red rectangular box highlights a green 'Place order' button. The 'Total' is still '\$33.85'. The '3 items' section is still present at the bottom.

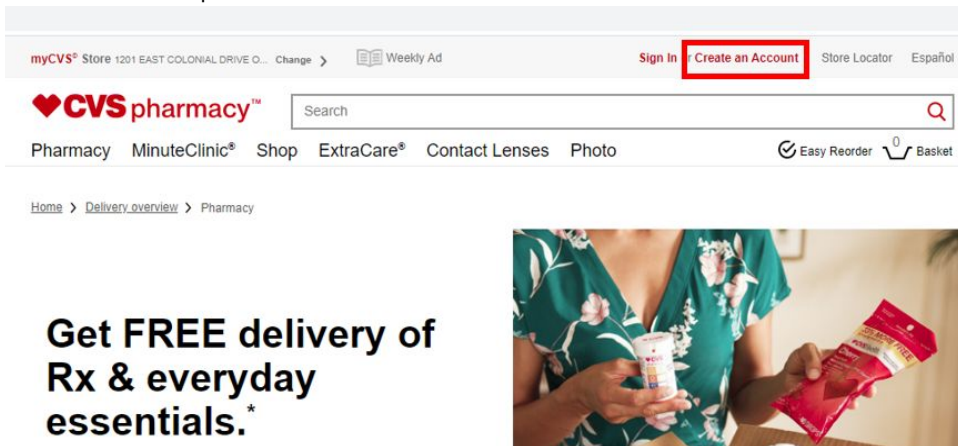
If everything seems correct, simply press the green button “Place order” and your order will have been placed. Make sure you keep your phone handy so you can respond to the delivery driver if need be

Pharmacy Delivery

CVS Pharmacy

1. Open your internet browser (Google Chrome, Safari, Firefox, Internet Explorer are all fine).

2. Open a new tab and type cvs.com/content/delivery into the search bar and press enter. It should look like the photo below.



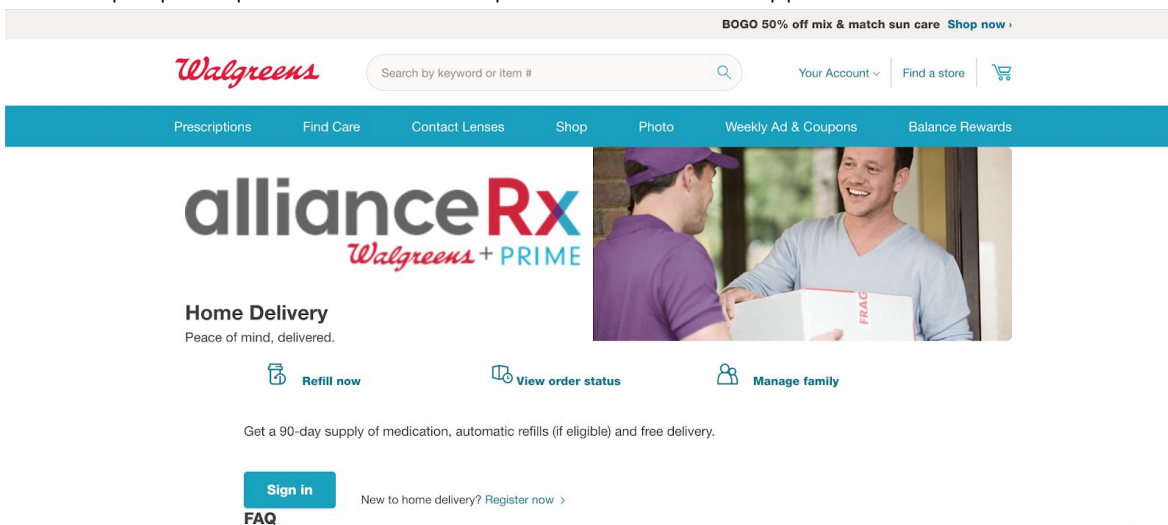
3. Click on the red-colored words that say "Create an Account" (outlined by red box in the image to the left).

4. Type in all of your personal information to make an account with CVS. Once you have successfully entered all your information, you will see a page saying "CVS account successfully created!"

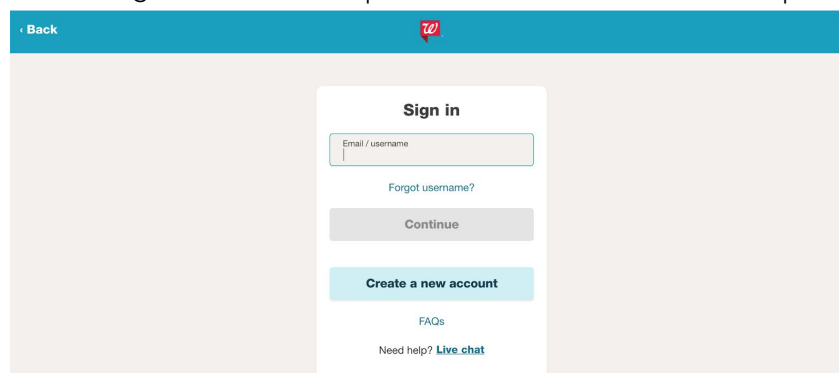
5. You may now use your CVS online account to set up the home delivery of your medications. If you need assistance doing this, please call your local CVS pharmacy or call our free tech-support at 475-675-0564.

Walgreens Pharmacy

1. Open your internet browser (Google Chrome, Safari, Firefox, Internet Explorer are all fine).
2. Open a new tab and type <https://www.walgreens.com/rx-settings/home-delivery-pharmacy> into the search bar up top and press enter. Here is a photo of what should appear:



3. Tap on the blue underlined word that says "Register Now" (circled in red in the image above).
4. You should now see the image below. Please tap on the "Create a new account" option if you don't already



have an account.

5. An image like the one below should appear. Tap on the green “Get Started” button found under the “Register with Pharmacy Access” column. It is the rightmost column.

Walgreens Search by keyword or item # Your Account Find a store

Prescriptions Find Care Contact Lenses Shop Photo Weekly Ad & Coupons Balance Rewards

Create Your Walgreens.com Account

Already have a Walgreens.com account? [Sign in](#).

	Register with Basic Access	Register with Pharmacy Access
Refill & Manage Prescriptions	✗	✓
Save with Balance Rewards	✓	✓
Shop Products	✓	✓
Shop Photo	✓	✓
Order Contact Lenses	✓	✓
	Get started	Get started

Enter email for weekly deals [Sign up](#)

[Customer Service](#) [Walgreens Stores](#) [Company Information](#) [AllianceRx Walgreens Prime](#)

6. An image like the one below should appear. Tap on all the gray boxes and type in the information it asks for. Make sure you write down your username and password on a piece of paper for safekeeping.

Find top deals & personalized offers in your Weekly Ad

Walgreens Search by keyword or item # Your Account Find a store

Prescriptions Find Care Contact Lenses Shop Photo Weekly Ad & Coupons Balance Rewards

Create Your Walgreens.com Account with Pharmacy Access

Already have a Walgreens.com account? [Sign in](#).

Need help? [Live chat](#).

First name

Last name

Date of birth ?

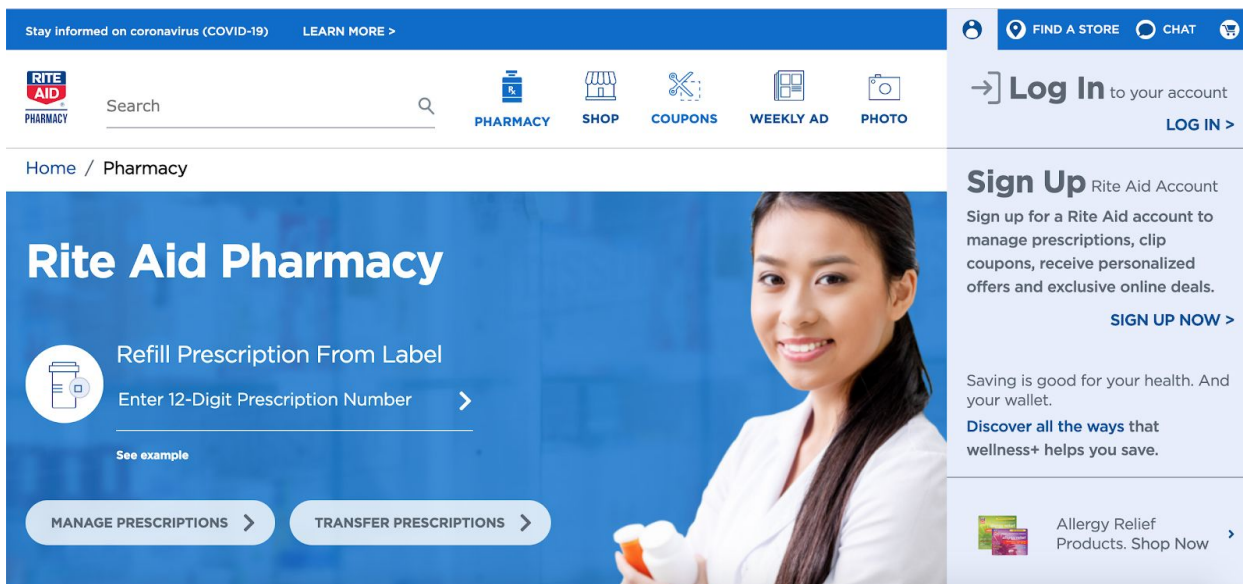
Phone

Phone type
Cell

7. Your screen will appear like the image below. Continue to input your address and gender to finalize your account.
8. After you’ve entered in all the information it asks for, your account should be created. You can use this website and account to set up the home delivery of your prescriptions. If you need assistance doing this, please call your local Walgreens pharmacy or call our free tech-support hotline at 475-675-0564.

Rite-Aid Pharmacy

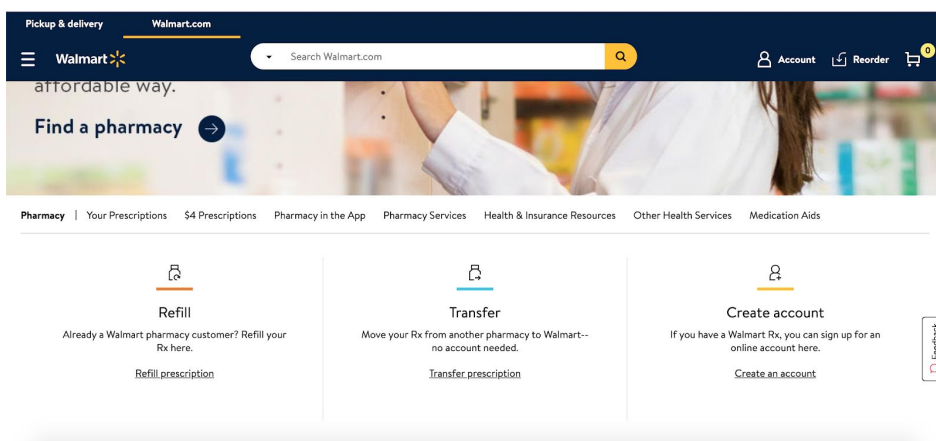
1. Open your internet browser (Google Chrome, Safari, Firefox, Internet Explorer are all fine).
2. Open a new tab and type <https://www.riteaid.com/pharmacy> into the search bar and press enter. A photo like the one below should appear:



3. Click on "Sign Up Now", circled in the above picture and indicate whether you have a wellness account or not.
4. Next, it will ask if you have prescriptions with Rite -Aid. You can press "Yes" to look up your previous information or "No" to add management later.
5. If you are new to Rite-Aid Pharmacy, you will click NO. Then you will be required to fill out personal information including; name, address, email address and password for your account.
6. After your account is created, you may use it to set-up home delivery of your medications. If you need assistance doing this, please call your local Rite-Aid pharmacy or call our free tech-support hotline at 475-675-0564.

Walmart Pharmacy

1. Open your internet browser (Google Chrome, Safari, Firefox, Internet Explorer are all fine).
2. Open a new tab and type <https://www.walmart.com/cp/pharmacy/5431> into the search bar and press enter.
3. Scroll down a little bit and click on "Create an Account" (circled in the image below):



4. It will then prompt you to create your pharmacy profile. This will require name, email address, password, address and other personal information.
5. After your account is created, you may use it to set-up home delivery of your medications. If you need assistance doing this, please call your local Walmart pharmacy or call our free tech-support hotline at 475-675-0564.