

“**Get Drugstore Deals and Freebies:**
With The Coupon Mom System”



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www.CouponMom.com

Drugstore Deals & Freebies

Learn how to get hundreds of dollars of free items from your drugstores

You can get free items every week from drugstores when you combine sales, coupons, rebates and special promotions. Major drugstore chains such as CVS/Pharmacy, Rite Aid and Walgreens each have savings programs that allow you to get free items by combining rebates, store coupons, store discount cards, and/or weekly circular coupons.

I tested Walgreens and CVS' Deals lists by shopping at each store three times (once per week) for a total of six short shopping trips. I was able to buy \$266 worth of good merchandise for \$5.63. I will detail the specific steps I followed as well as the items purchased to help you decide if this system appeals to you.

Let the Coupon Mom website do the research for you. Every Sunday morning you can find detailed deals lists for both five national drugstore chains in the Drugstore Deals section at www.couponmom.com.

CVS/Pharmacy Savings Programs:

CVS offers several savings programs that shoppers can use to save dramatically. In fact, you can expect to get several free items a month when you combine their savings programs. As of this writing, their programs include:

The CVS ExtraCare card: Your first step to saving at CVS is to get an ExtraCare card at your store. Then register it online at www.cvs.com immediately to get special savings offers via email and direct mail on a regular basis.

Extra Bucks Rewards Account: This program is extremely easy and offers automatic earnings on all of your CVS spending. There are two ways that shoppers can accumulate rewards in their account:

- **2% automatic Extra Bucks rewards:** When you shop at CVS stores or online at CVS.com using your ExtraCare card, you will earn 2% of your total non-prescription spending in your Extra Bucks account. At the end of each quarter, you will receive your earnings in the form of an Extra Bucks Reward coupon for your spending over the previous quarter. It will work just like store credit at any CVS store or online at CVS.com (although you will not get change back if the value of your Extra Bucks Reward coupon exceeds the cost of your order). The coupon will print on the bottom of your first store receipt in the following quarter, or you can go online to CVS.com and print your Extra Bucks coupon to use on your next shopping trip.
- **Extra Bucks rewards for prescriptions:** When you use your ExtraCare card when paying for prescriptions, you will receive \$1 for every two prescriptions filled.

Extra Bucks in store coupons: CVS shoppers can qualify for Extra Bucks coupons when they buy specific items each week. Extra Bucks coupons are essentially rebates in the form of CVS store credit that do not require you to mail in a form or receipt. Rather

than having to wait six weeks to receive a rebate, these rewards will print immediately as a cash-off CVS coupon at the bottom of the receipt as soon as you purchase the qualifying item(s). You can use the coupon on any non-prescription purchases at CVS. The weekly advertising circulars will list the details of several Extra Bucks promotions every week. You can find these circulars in your newspaper, in stores, and online at CVS.com.

- **How Extra Bucks Promotions Work:** The CVS weekly ad details Extra Bucks promotions, such as “Get a \$5 Extra Bucks coupon and a free tote bag worth \$14.99 when you buy \$15 worth of Maybelline cosmetics or Garnier products.” The fine print underneath the ad will also tell you how many deals each shopper can get during the promotional period, per card. The Coupon Mom website will also list the CVS Extra Bucks promotion details at the top of the CVS Best Deals list every week, updated on Sunday mornings when store prices change.
- **Redeeming Extra Bucks coupons:** There is no limit to the number of Extra Bucks coupons you can use per order. For example, if you earned four Extra Bucks coupons totaling \$20 in savings, you could use all four coupons on your next order. If your order is less than the total value of your coupons (in this case, \$20), you will not receive any cash back for your excess Extra Bucks coupon value. Therefore, plan your shopping list to be sure that your order equals or exceeds the value of the coupons you want to use.
- **Combine manufacturers’ grocery coupons with Extra Bucks promotions:** You can use coupons from the newspaper coupon circulars for Extra Bucks qualifying items to save even more. For example, if an item is on sale for \$1.99 and offers a \$1.99 Extra Bucks coupon, you could also use the \$1.00 newspaper coupon you have for the same item. As long as you remember to use your Extra Bucks coupon on a future order, you will be saving more than you are spending while getting a free item.
- **Maximize your savings with Extra Bucks promotions:** Many Extra Bucks promotions give you a reward when you buy multiple items within a brand to meet a minimum purchase amount. Even if you have coupons for all of the participating items purchased, the minimum purchase requirement will be counted prior to having your coupons deducted. For example, if you bought three Maybelline items totaling \$15.00 (the minimum amount needed to earn the \$5 Extra Bucks coupon) and you had three \$2.00 coupons for each of the three items, you would get \$6 off your \$15 price. You would pay \$9 at the register and still get a \$5 Extra Bucks coupon to be used on a future store visit because your pre-coupon cost met the \$15 requirement. Your net cost would be \$4 for the three items (\$15 less \$6 coupons and \$5 Extra Bucks coupon).

ExtraCare Coupon Centers in stores: CVS has in-store kiosks called ExtraCare Coupon Centers. Shoppers can scan their ExtraCare card at the coupon centers and print coupons before they begin shopping

Once you understand these savings programs, you can easily combine them to really save. For example, CVS recently featured Butler Gum toothbrush twin packs on sale.

The twin pack of toothbrushes ordinarily sells for \$3.99. It was on sale for \$1.99, and it had an Extra Buck Reward for \$1.99. If you stopped right there, you would essentially have received the item free. However, there were more savings opportunities for that item. A coupon was available in the newspaper for \$1.00 off and the item also qualified for a Upromise rebate of 3%. Finally, you would earn a 2% rebate on your spending in your ExtraCare account. Remember, even though you would receive an Extra Bucks Reward coupon for \$1.99, you will still be spending money on your first order. Let's look at how the math works when we stack all of these savings programs together:

Regular Price of Twin Pack Butler Gum Toothbrushes:	\$3.99
Sale Price with ExtraCare card	\$1.99
Less \$1 manufacturer's coupon	(1.00)
Price paid at register	\$.99
Additional rebate savings:	
CVS ExtraCare rebate (2% of final cost)	(.02)
CVS Extra Bucks reward	(\$1.99)
Total sale, coupon & rebate savings: Free toothbrushes and \$1.01 profit	\$1.01 profit

Although this example may seem too good to be true, there are many deals like this at CVS. Make it easy to find them by using the Coupon Mom "Best CVS Deals" at www.couponmom.com in the Drugstore Deals section.

When the Extra Bucks program began in April 2007, I tested the CVS savings programs by shopping at CVS once a week for three weeks in a row. I only purchased items my family would use or that I could donate to charity. Because the lists were short and CVS stores are relatively small compared to a supermarket, each shopping trip took me 15 minutes or less. Creating my shopping list was easy and took less than 20 minutes for each trip, since you can sort the CVS deals list at www.couponmom.com quickly by percentage savings per item. I selected the items we use with the highest percentage savings, printed my customized list, and quickly cut out the coupons needed.

By using the Extra Bucks Reward coupons earned during the first week's trip, my cash outlay for the second and third trips was very low. Be sure to use your Extra Bucks Reward coupons within one month after they print as they generally expire after one month. By getting in the routine of picking up the ultra-bargains every week or two, you will reduce the chances of losing or forgetting to use your Extra Bucks Reward coupons.

By combining sale prices, Extra Bucks Reward promotions, newspaper coupons, and Extra Bucks 2% rebates I was able to save 84% on my total purchases, equal to \$145 in savings. My actual cost for the following list of items was \$25 before tax. The items I purchased included:

Bic Soleil razor, Venus 3 ct. disposable razors, Schick Intuition razor, Pampers jumbo pack training pants, Tide laundry detergent 100 oz., All Small & Mighty laundry detergent 32 oz. (2 bottles), Vaseline Intensive Care lotion 25 oz, Listerine 1 liter with bonus 250 ml., Softsoap body wash, Soy Joy nutrition bars (4 bars), Precision Xtra

Glucose meter, Pringles (3 cans), Gold Emblem dry roasted peanuts 16 oz. (3 jars), Butler Gum twinpack toothbrushes, Garnier Nutrisse shampoo 13 oz. (4 bottles), Aleve pain reliever trial size 6 ct. (2 packages), Vlasic pickle relish, Hersheys Cocoa 3.5 oz. Chocolate bar (2 bars), and a large canvas tote bag valued at \$14.99.

Here is my combined savings summary for three CVS shopping trips:

Total Value of Merchandise from CVS/Pharmacy:	
Cost of items if purchased with no coupons or promotions	\$155.31
Value of free item as part of promotion (canvas tote bag)	14.99
Total Value of merchandise including free tote bag:	\$170.30
Total Savings Realized:	\$145.24
Sale price savings	47.30
Newspaper coupons	31.51
Extra Bucks rewards coupons printed at register	49.47
Extra Bucks percentage rebate earned in Extra Bucks account	1.64
Final Cost after all savings before tax (84% total savings):	\$ 25.39

Walgreens Savings Programs:

Walgreens also has several very attractive savings programs that shoppers can combine to get free items every month. The Coupon Mom website makes it easy for shoppers to take full advantage of all of Walgreens’ savings programs by listing Walgreens Best Deals at Couponmom.com every week. The site updates its Walgreens list on Sunday mornings. The savings programs include:

- **Weekly circular with sale items and promotions:** Walgreens has weekly sales circulars that come in the Sunday newspaper and are available online at Walgreens.com. Every week Walgreens features many low sale prices, “buy one, get one free” offers and special promotions. If you do not have Internet access to check the Coupon Mom site’s list, you can use the Walgreens circular to plan your trip, combining sale prices with coupons to save the most.
- **In-Ad coupons:** Walgreens sales circulars include many Walgreens store coupons. Because these are store coupons, it is possible to combine them with manufacturer coupons from the newspaper, printable coupon sites or other sources. Walgreens stores should accept printable coupons because you can print manufacturers coupons directly from their site. When you combine the two coupons together, it is possible to get items free or at a very low cost. You can also use the Grocery Coupon Database at www.couponmom.com to see if manufacturers coupons are available from your newspaper circulars for items that have Walgreens in-ad coupons.
- **Special promotions:** Walgreens stores also have “Register Rewards” promotions that give shoppers a coupon off their next Walgreens purchase when they buy

qualifying items. For example, a recent Register Rewards promotion gave shoppers a \$5 Register Rewards coupon when they purchased \$15 of Unilever products. The Coupon Mom Walgreens list will note qualifying items for special promotions to make it easy for shoppers to cash in on big savings!

I shopped Walgreens' best deals for three weeks (one week per month in each monthly rebate period), focusing only on the items that were “Free” as well as a Register Rewards promotion that gave me a \$20 cash off coupon for a future shopping order when I purchased nine qualifying items. I also used grocery coupons from the Sunday newspaper to maximize my savings. I ended up getting \$96 worth of merchandise and earned a net profit of \$19.43!

Items purchased in these three trips to Walgreens included: Garnier Fructis hair conditioner 25.4 oz., Playtex tampons 16 ct., Oral B Crossaction toothbrush, Secrets lozenges 18 ct., Imodium 20 ct., Aleve 20 ct., Excedrin 24 ct., Goodys Headache powder 4 pack, Butler Gum twinpack toothbrushes, Oral B toothbrush, Soy Joy nutrition bars (2 bars), Walgreens maxi pads, Softsoap bodywash 18 oz, Reach Cleanpaste floss 50 yards, Walgreens 4 pack lightbulbs, Gillette antiperspirant, Venus 3 ct. disposable razors (2 packages), Daisy disposable razors 12 ct., Secret Platinum antiperspirant, Aussie shampoo 13 oz. (4 bottles).

Other Drugstore Savings Strategies:

- **Combining “Buy One, Get One Free” offers and coupons:** It makes sense to get more than one newspaper per week because you can use two identical coupons when you get two identical items with a “buy one, get one free” deal at drugstores.
- **Combining coupons with trial sizes:** Drugstores generally have a trial size product section. If you have coupons that match any of these items, you may be able to use coupons on trial sizes to get items free, unless the coupons specify minimum sizes or say “excluding trial sizes.”
- **Pharmacy prescription transfer coupons and competitor coupons:** On a local basis drugstores may mail out prescription transfer coupons, such as giving customers a \$20 store gift card when they bring in a new prescription or transfer one from another pharmacy. Ask your drugstore if they will also accept other pharmacies’ prescription coupons.

CouponMom.com has weekly deals lists available for CVS, Walgreens, Rite Aid, Target and Wal-Mart also have weekly deals lists available at www.couponmom.com .

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Stephanie Nelson has shared her savings tips frequently on national and local news broadcasts, including The Today Show, The Oprah Winfrey Show, The Early Show, Good Morning America, Fox News and CNN.