

Recession Buster\$!

Stay healthy—and wealthy!

With rising costs and shrinking insurance coverage, paying for medications can be a real pain. Luckily, relief is possible! Whether you're picking up a prescription or going for over-the-counter meds, these savvy shopping tricks will keep your family healthy—and your wallet fat!

Savings Rx for prescriptions:

- **Generics are great money-savers, but what if one isn't available?** Ask about substituting another drug in the same class. Physicians often prescribe the newest drugs on the market, while older versions of the drug—which are cheaper and work just as well—might still be available!
- **Taking a combination drug that treats multiple symptoms in a single pill?** It's a convenience that may be costing you a bundle!

Fact is, it can actually be cheaper to buy separate meds—especially if they have generic versions while the combo is available only as a name brand. Ask your doctor to help with a price comparison.

- **Surprise! You can clip coupons for prescription meds . . .** but you won't find them in your Sunday circular. Instead, go online to the manufacturer's website for the drug brand. Print out and take to your pharmacy.



Savings Rx for OTC drugs:

- **Be wary of special formulas, such as meds marketed just for migraines.** Often, they contain the same active ingredients as the cheaper, more basic options. Simply check the ingredients, then compare it to the standard formula. List look identical? Pick the cheaper meds for low-cost relief!
- **Store brands offer savings, but for deeper cuts, opt for "no brand" meds.** While store brands sit on the shelf next to their brand-

name counterparts, plainly packaged no-brand meds are typically tucked on lower shelves. Since the manufacturers don't spend on marketing, they can pass savings—as much as 75%!—on to consumers. And all drugs, even OTCs, must meet the same federal standards.

- **To the rescue: pharmacists!** They can help you navigate through the shelves of OTC meds. And that means you get the best relief without overpaying.

Win these!

Win a designer charm bracelet!

Create your own bracelets and necklaces! The Bonn Bons collection from designer Lori Bonn lets you mix and match charms hand-crafted in sterling silver. Learn more at BonnBons.com, then visit WomensWorldMag.com for your chance to win one of two "The Warrior in Pink" charm bracelets, featuring the "I'm Blushing," "October Treat," "Tata for Now" and "Lights! Camera! Fashion!" gemstone charms.



50% of sales proceeds for this bracelet go to the Susan G. Komen Breast Cancer Foundation. U.S. only. See site for rules. Ends 11:59 p.m., ET, 11/21/10.

Win a \$500 beauty bonanza!

JAFRA's Royal Jelly collection uses beauty secrets from ancient Egypt to promote younger-looking skin. The Dynamics Intelligent Skin Care line features Intellishield—an invisible "second skin" that lets your skin breathe while locking in moisture and protection. Find the skin solution that's right for you at JAFRA.com/ww, where four lucky readers will each win a \$500 custom collection of JAFRA beauty products!



U.S. only. See site for rules. Ends 11:59 p.m., ET, 12/1/10. Sponsor: Jafra Cosmetics International.

Win a Crocs collection!

Warm your heart and toes with comfort and support at WomensWorldMag.com, where five lucky readers will win a Crocs fall 2010 shoe collection! Step into the season with the ballet-inspired Marnie shoe or the velvety-looking Winter McCall flat. As the weather grows chilly, slip into the Berryessa, a cold-weather lined boot made of the same Croslite materials that keep all Crocs cushiony, lightweight and odor-resistant.



U.S. only. See site for rules. Ends 11:59 p.m., ET, 11/30/10.

Win \$30,000!

Help Protect-A-Bed celebrate 30 years of offering mattress protectors, covers and pads. Visit ProtectABed.com and enter their "Long Live Your Mattress"™ sweepstakes for a chance to hide a cool \$30,000 cash under your mattress!



U.S. only. See site for rules. Ends 11:59 p.m., CT, 10/31/10. Sponsor: Protect-A-Bed.

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