

Retiree Corner:

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Military Retiree Assistance Office

Promoting Health and Saving Money

If you take vitamins and supplements, then you know that the Commissary and Exchange have changed their primary supplier for vitamins and supplements. What you might not know is that the new company, *NatureMade*, has a program in place to earn points that will get you discount coupons and free gifts. All you need is a computer and Internet access.

Each bottle or box of a *NatureMade* product contains an eight-character code. This code is the key to earning points. You start by going to <http://www.naturemade.com> and establishing an account. This requires that you enter your e-mail address and a password. Once you have done that, you're entitled to download and print three \$1 coupons as a way of saying thanks for signing up. To print the coupons requires that you download a special program for your printer to accurately interpret the print code. See? You've started saving money.

If you've already bought *NatureMade* products, you can now enter the eight-character codes that look something like **XQ1A-MN28**, (this is an example). If the product is boxed, the code is on the top of the box. Otherwise the code is at the right edge on the front of the label. When you have finished entering all the codes, your point total will be displayed. The first 500 points qualifies you to receive a \$5 coupon. Each additional 500 points qualifies you to receive a \$7 coupon. Or you have the option to redeem points for gifts, and the selections, with point 'price' next to each item, are shown on the web site.

This seems like a no-brainer for those of us who regularly take vitamins and supplements and who also use a computer. It's a good way to save money while promoting your healthy lifestyle.