

2026 June Simplify your summer



Support for your mind, body, and wallet

Featured vendors:



Work out at home or in a gym with discounted options.¹
Start today.



Use brain science to build sustainable habits for natural weight loss.
Try it.



Connect with the right Walmart benefits and community resources with Help Now resource specialists.
Connect now.



Find personal support for your care needs in one app, including billing, 24/7 medical advice, and plan information.¹
Get care.



Get no-cost support from mental health professionals and self-care resources.
Check it out.

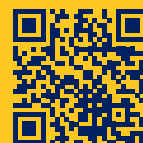


Manage your money better. Save automatically, spend confidently, and get paid early.²
Learn more.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Understanding financial health care terms such as "premiums" and "Explanation of Benefits" can help you budget.	2 (()) Explore virtual events that support your mental health, including live discussions and webinars.	3 Target your core in this 10-minute volleyball-inspired workout .	4 Register your Associate Discount Card to receive a discount on select merchandise on Walmart.com. ¹	5 Find calm with the soothing sound of a passing rainstorm. Listen to this soundscape to destress and reset.	6 Enjoy healthy snacks with easy options like DIY trail mix or frozen banana bites.
7 Explore banking that builds credit. OnePay's Builder Card can help you build credit with every swipe.	8 Is your child's schedule packed? Help them find balance with downtime and free play .	9 Hormonal changes can influence your mental well-being at any age. See a provider. ¹	10 Buying frozen fruits and vegetables can be a budget-friendly way to eat healthier.	11 Feeling run down? Use this checklist to see if it's time to talk to a health care provider.	12 Even if summer schedules throw off daily routines, don't forget the basics: sleep , hydration, and movement.	13 Eligible associates can use their no-cost Walmart+ or Sam's Club membership ¹ to save on everyday essentials.
14 You can't will away challenges in your life, but you can ask for help .	15 Make summer fitness fun with a living room dance party, neighborhood walks, or a relaxing yoga session.	16 Help Now specialists can help you find discounts, savings, and even resources in your community.	17 Meditation, hobbies, and self-care can help open your Window of Tolerance .	18 Brainstorming healthy food swaps as a family makes them more likely to stick over time.	19 Get your paycheck up to three days early when you direct deposit to OnePay Cash. ²	20 During and after tough parenting moments, take a deep breath and remember to be kind to yourself.
21 Build habits one step at a time, like adding one healthy ingredient to your next meal.	22 Use your Associate Discount Card ¹ in stores, online, or through the app to save 10% on select merchandise and groceries.	23 Your brain needs breaks during busy days. Take a moment to check in with yourself.	24 (()) Keeping a simple wind-down routine can help you rest better , which supports your mental well-being.	25 OnePay Invest lets you buy and sell stocks and ETFs in the app. ²	26 Help Now offers support for everyday challenges like stress, changing schedules, or things at home.	27 Energize your day with this short yoga routine .
28 Keep more of your paycheck. No monthly fees and no minimum balances mean you don't pay just to bank. ²	29 Manage stress by identifying triggers and using healthy coping skills such as deep breathing and setting boundaries.	30 This Taco Tuesday, trade heavy shells for low-carb lettuce wraps. Get the recipe!				

● Mind ● Body ● Wallet (()) Webinar

¹ Eligibility rules apply. Find eligibility details at [One.Walmart.com/BenefitsGuide](https://www.walmart.com/benefitsguide)
² Eligibility rules apply. OnePay is a financial technology company, not a bank. Banking services provided by Coastal Community Bank or Lead Bank, Member FDIC.



Scan the QR code or visit **One.Walmart.com/Wellbeing** to explore these tips and more.