



Let's get all kinds of healthy.

At Walmart you've got great benefits and helpful programs to boost your mind, body, and wallet.



### Own your future

Build opportunity, from a 401(k) match up to 6% of your pay, to a company match on Walmart stock.



### Take your time

Take some time away from work for all the things that matter most with paid time off or a leave of absence.



### Get your degree

Get a college degree or high school diploma at no cost with Walmart's Live Better U.



### Live better

Get easy access to high-quality care and resources to help keep you well.



### Do good with us

From disaster relief to volunteer hours, Walmart supports the communities we're a part of.



### Get covered

Eligibility for medical plans includes opportunities for part-time and temporary associates.



See all your options at [One.Walmart.com/BenefitsGuide](https://One.Walmart.com/BenefitsGuide).  
Still have questions? Call People Services at [800-421-1362](tel:800-421-1362).

# That better living feeling comes standard here.

Check out these benefits and resources designed to help you live better.



**Get fit** wherever you work, live, and travel for as little as \$9 per paycheck with the Fitness Pass.



Boost your income with **bonus and incentive** opportunities.



Skip the waiting room and **video chat** with a doctor anytime, anywhere, at no cost with most plans.\*



Get a **Personal Healthcare Assistant** to help you find a doctor, get a second opinion, or help with medical bills.\*



Get **world-class treatment** for heart and spine surgery, hip and knee replacements, weight loss surgery, and more.\*



Get exclusive savings with the **Associate Discount Card** or a **Sam's Club membership**.



**Get emotional support** 24/7 with Resources for Living, including up to 10 professional counseling sessions.



**Take time off** and access support programs for growing your family.



Get **coverage that works** for you with medical, dental, vision, life insurance, and more.



Protect your income **when you can't work** with short- and long-term disability coverage.



**Save automatically**, manage your money easily, and get paid early with the Even app.



Join the Thrive Challenge and start making **better choices everyday** for a chance to win part of \$1 million in prizes.



Scan the code to see your options at [One.Walmart.com/BenefitsGuide](https://One.Walmart.com/BenefitsGuide).

\*Available through most medical plans. Eligibility for all benefits described in this overview depends on your job classification and benefits and are subject to specific plan or program terms. For more information about your benefits options, please see the **2022 Associate Benefits Book** at [One.Walmart.com/BenefitsBook](https://One.Walmart.com/BenefitsBook). For programs not covered in this document, you'll find more information on [One.Walmart.com](https://One.Walmart.com), or you can call People Services at **800-421-1362**.

