



# Own your well-being

Decide how and when to take charge of your health and wealth with Walmart benefits.

Each quarter, we'll showcase how you can take ownership of your health and wealth with Walmart benefits. We'll start with:

- Simple ways to take charge of your money
- A refresher on how the medical plan works
- How to make the most of your medical plan
- Navigating everyday life challenges with Help Now
- Exploring your mental health support options

## Associate spotlight:

### Helping Tasheka fight cancer

Tasheka Saunders shares how her Walmart Centers of Excellence benefits provided no-cost breast cancer treatment at Mayo Clinic.



Scan the QR code or visit [One.Walmart.com/WellbeingStories](https://One.Walmart.com/WellbeingStories) to read her story.



### Your personalized Benefits Guide

See exactly what you're enrolled in now and learn more about any benefits you can choose or change throughout the year.



## One.Walmart.com/Wellbeing

Explore all of the benefits available to help you live better. Be sure you're signed in to see the full details.

The Associates' Health and Welfare Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Interpreter Services are available at no cost. 1-800-421-1362 | Los servicios de interpretación están disponibles de manera gratuita. 1-800-421-1362

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