



Ask the experts.

Associates enrolled in HMO plans
2024

Find a doctor and get medical plan help

If you have questions about finding a doctor, benefits, medical claims, or care management for an HMO plan:	Website	Phone
Geisinger Health Plan Geisinger Extra Health Plan Geisinger Health Plan—Eastern Geisinger Extra Health Plan—Eastern	GeisingerHealthPlan.com	Geisinger: 844-863-6850
Health Net Low Option ExcelCare Health Net High Option ExcelCare Health Net Salud y Mas HMO	HealthNet.com	Health Net: 800-722-5342
HMSA Hawaii	HMSA.com	HMSA: 808-948-6111
Kaiser of California	kp.org	800-464-4000 (English) 800-788-0616 (Spanish)
Kaiser of Colorado	kp.org	Denver metro: 303-338-3800 Other areas: 800-632-9700
Kaiser of Georgia	kp.org	Atlanta metro: 404-261-2590 Other areas: 888-865-5813
Kaiser of Hawaii	kp.org	Kaiser: 800-966-5955
Kaiser of the Mid-Atlantic Low-MD Kaiser of the Mid-Atlantic Low-VA	kp.org	Kaiser: 855-249-5018
Kaiser Foundation Health Plan of WA	kp.org	Kaiser: 888-901-4636

Other benefits topics

If you have questions about...	Website	Phone
Choosing your beneficiaries	One.Walmart.com/Beneficiary	People Services chat now or call: 800-421-1362
Vision Plan	One.Walmart.com/Vision	VSP: 866-240-8390
Dental Plan	One.Walmart.com/Dental	Delta Dental: 800-462-5410
Short-term disability insurance	One.Walmart.com/ShortTermDisability (CA, HI, WA: refer to state guide)	Sedgwick/Lincoln: 800-492-5678
Long-term disability insurance	One.Walmart.com/LongTermDisability	Lincoln: 877-353-6404
Accident and critical illness insurance	One.Walmart.com/Accident One.Walmart.com/Critical	Allstate Benefits: 800-514-9525
Life, accidental death and dismemberment (AD&D), and business travel accident insurance	One.Walmart.com/Life One.Walmart.com/ADD	Prudential: 877-740-2116
My Mental Health Resources Access therapy, coaching, and digital tools for a healthier mind – powered by Lyra.	One.Walmart.com/Lyra	800-825-3555 , available 24/7
Supportiv Anonymous chat-based mental health support.	Supportiv.com/Walmart	
ONE@Work Save automatically, spend confidently, and get paid early with ONE@Work, formerly the Even app.	One.Walmart.com/ONE@Work	People Services: 800-421-1362
Fitness Pass Access to thousands of gyms through payroll-deducted membership.	One.Walmart.com/FitnessPass	Fitness Pass: 833-236-0181 Monday-Friday 8am-8pm ET
Fresh Tri Eat better, manage stress, move more, and think positively with the Fresh Tri app.	One.Walmart.com/FreshTri	

If you have questions about...	Website	Phone
<p>myAgileLife Master the skills to lose weight, cope with stress, or live a healthier lifestyle with text message-based coaching.</p> <p>Quit tobacco Get the tools you need to quit tobacco for good with Kick Butts.</p>	<p>One.Walmart.com/HealthyLiving</p> <p>One.Walmart.com/QuitTobacco</p>	<p>myAgileLife: 855-955-1905, Available Monday-Friday 9am-6pm CT</p> <p>Kick Butts: 855-955-1905, Available Monday-Friday 9am-6pm CT</p>
<p>Thrive Make better choices, and after 21 days, share your story for a chance to win a share of \$1 million dollars.</p>	<p>One.Walmart.com/Thrive</p>	
<p>Walmart 401(k) Plan Save for retirement, and when eligible, Walmart matches each dollar you contribute up to 6% of your pay.</p>	<p>One.Walmart.com/401k</p> <p>Benefits.ML.com</p>	<p>Merrill: 888-968-4015</p>
<p>Associate Stock Purchase Plan Buy Walmart stock and get a 15 cent match on every dollar you contribute.</p>	<p>One.Walmart.com/ASPP</p> <p>ComputerShare.com/Walmart</p>	<p>ComputerShare: 800-438-6278</p>
<p>PTO and other benefits information</p>	<p>One.Walmart.com/PTO</p> <p>One.Walmart.com/Benefits</p>	<p>People Services: chat now or call: 800-421-1362</p>