



Ask the experts.

Associates enrolled in HMO plans
2025

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
Health Net	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 (Oahu): 808-432-5955 Kaiser (neighbor islands): 800-966-5955
Kaiser of the Mid-Atlantic	kp.org	Kaiser: 855-249-5018
Kaiser Foundation Health Plan of WA	kp.org	Kaiser: 888-901-4636
Kaiser of Oregon	kp.org	Kaiser (Portland Area): 503-813-2000 Kaiser (Other Areas): 800-813-2000

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, CO, DC, HI, OR, WA: For more information about state plans, see the "Full-time hourly short-term disability" section at One.Walmart.com/BenefitsBook	Sedgwick: 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 Get access to therapy, coaching, and digital tools for a healthier mind—powered by Lyra.	Walmart.Lyrahealth.com	800-825-3555 , available 24/7
Supportiv Anonymous chat-based peer support for all things well-being.	Supportiv.com/Walmart	
ONE@Work Save automatically, spend confidently, and get paid early with ONE@Work.	One.Walmart.com/ONEatWork	People Services: 800-421-1362
Help Now Call Help Now for personalized support to navigate resources for everyday life.	One.Walmart.com/HelpNow	Phone: 855-4HLPNOW (855-445-7669)
Fitness Pass Get access to thousands of gyms through payroll-deducted membership.	One.Walmart.com/FitnessPass	Fitness Pass: 833-236-0181 Monday-Friday 8 a.m.-8 p.m. ET
Fresh Tri Eat better, manage stress, move more, and think positively with the Fresh Tri app.	One.Walmart.com/FreshTri	
Helpr Caregiving support for children, adult dependents, and elders. (Sam's Club hourly frontline associates only)	Coming in October 2024	Coming in October 2024

Other benefits topics (cont.)

If you have questions about...	Website	Phone
<p>myAgileLife</p> <ul style="list-style-type: none"> Master the skills to lose weight, cope with stress, or live a healthier lifestyle with text message-based coaching. Manage your diabetes and save on prescription medications 	<p>One.Walmart.com/HealthyLiving One.Walmart.com/Diabetes</p>	<p>myAgileLife: 855-955-1905, Available Monday-Friday 9 a.m.-6 p.m. CT</p>
<p>Quit tobacco</p> <p>Get the tools you need to quit tobacco for good with Kick Buts.</p>	<p>One.Walmart.com/QuitTobacco</p>	<p>Kick Buts: 855-955-1905, Available Monday-Friday 9 a.m.-6 p.m. CT</p>
<p>Thrive</p> <p>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</p> <p>Save for retirement, and when eligible, Walmart matches each dollar you contribute up to 6% of your pay.</p>	<p>One.Walmart.com/401k Benefits.ML.com</p>	<p>Merrill: 888-968-4015</p>
<p>Associate Stock Purchase Plan</p> <p>Buy Walmart stock and get a 15% match on the first \$1,800 you contribute (\$270 maximum per plan year) April-March.</p>	<p>One.Walmart.com/ASPP ComputerShare.com/Walmart</p>	<p>ComputerShare: 800-438-6278 Hard of hearing: 800-925-9245</p>
<p>PTO and other benefits information</p>	<p>One.Walmart.com/PTO One.Walmart.com/Benefits</p>	<p>People Services: chat now or call: 800-421-1362</p>