

# Mental health at Walmart

You've got support for all aspects of life. You can choose how to protect and enhance your mental health: in-person or virtually, with self-directed tools, or with a caring professional.

Most of these tools are available at no cost to you even if you're not enrolled in a Walmart medical plan.



#### Access ongoing support.

Get 20 visits with a mental health professional at no cost to you. You and your eligible family members can schedule appointments with licensed therapists virtually or in person, and mental health coaches virtually. And for in-the-moment support, you can connect with a licensed clinician 24/7.

## Connect with a psychologist or psychiatrist in – person or virtually.

If you are looking for support, your Walmart medical plan covers mental health services, too.

#### Find peer support.

Access a group chat monitored by a trained moderator and connect anonymously with people who are dealing with similar struggles as you.

**Take a guided microbreak** to reduce stress, reset, – and refocus by downloading an app directly to your Walmart Microsoft Teams account.

### Get help when you need it most.

Everyone needs help from time to time. A licensed clinician may reach out to you to check in, offer support, or connect you with other benefits.

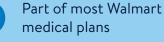
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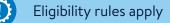
### Benefits key



\$**0** 

Available on Day One as a Walmart associate





No cost for service



Learn more about Well-being at Walmart

Scan the code or visit One.Walmart.com/Wellbeing



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#### Take time away.



Focus on the things that matter most with paid time off, or qualifying paid or unpaid leaves of absence.

Get personalized help navigating your benefits with Help Now. **One.Walmart.com/HelpNow** 

#### Benefits and programs described are applicable for 2025.

This communication provides information about certain Walmart benefits. Receipt of the communication does not automatically entitle you to the benefits described and these materials do not create an express or implied contract of employment or other contractual commitment. Every effort has been made to ensure the accuracy of this communication. However, if there are discrepancies between this communication and the official plan or program documents, the official plan or program document will control. For information about most health and welfare benefits, the 401(k) plan and the Associate Stock Purchase Plan, see the 2025 Associate Benefits Book. For information about other benefits, see **https://one.walmart.com/content/uswire/en\_us/me.html**. Walmart retains the discretion to interpret the terms of language used in any of its communications, according to the provisions contained in the plan or program documents. Walmart also reserves the right to amend or terminate any benefit plan or policy in its sole discretion at any time for any reason.

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