

# 2025 June



Most Walmart medical plans include virtual care solutions. All associates have access to virtual mental health support.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>Get quick relief: Diagnose and treat colds, flu, allergies, and minor infections virtually.*</div>	<div>2</div> <div>Virtual mental health support makes it more convenient to get the help you need. <a href="#">Learn what to expect</a> from your first virtual mental health session.</div>	<div>3</div> <div>Unsure how to stretch safely? Videos on techniques such as this 10-second <a href="#">standing backbend</a> or <a href="#">cross-body stretch</a> can help you avoid injury.*</div>	<div>4</div> <div>Skip the wait! With virtual care, see a provider from home, work or anywhere with Wi-Fi in just minutes.*</div>	<div>5</div> <div><a href="#">Video tip:</a> Strengthen your gut-brain connection by prioritizing four key areas: mindful eating, good sleep, physical activity, and stress management.*</div>	<div>6</div> <div>Practice self-compassion by learning how to calm your "inner critic." <a href="#">Read more.</a></div>	<div>7</div> <div>Physical therapy* can help improve your posture. Good posture and physical activity can help improve blood flow, support nerve health, and ease back and neck pain.</div>
<div>8</div> <div>You only need two things to access virtual healthcare:* 1) wifi or cellular data, and 2) a smartphone, tablet, or computer with a camera and microphone.</div>	<div>9</div> <div>Virtual digestive support helps you discover your symptom triggers by tracking your food, drinks, and symptoms.*</div>	<div>10</div> <div><a href="#">Video tip:</a> Learn how to easily access virtual health care services, so you can get help anytime, anywhere.*</div>	<div>11</div> <div><a href="#">Digital mental health tools</a> include lessons on how to navigate tough moments with greater control.</div>	<div>12</div> <div><a href="#">Video tip:</a> With virtual physical therapy, you can see a therapist within 48 hours and start working toward a healthier you—from home.*</div>	<div>13</div> <div>If you need medication after a virtual visit, your provider may be able to send your prescription to your pharmacy electronically.*</div>	<div>14</div> <div>Virtual care offers medical advice outside office hours, including 24/7 support hotlines for gut-related emergencies.*</div>
<div>15</div> <div>Tools on your phone or tablet can help you store, update, and track your virtual provider visit notes or workout plans in one place.</div>	<div>16</div> <div>Virtual mental health tools include listening to <a href="#">brown noise</a>, which can help you focus.</div>	<div>17</div> <div>Just 5 - 10 minutes of walking or stretching boosts mobility, reduces stiffness, and supports joint and muscle health.</div>	<div>18</div> <div>Tune into this <a href="#">virtual care podcast</a> to discover insights and tips on accessing virtual healthcare.*</div>	<div>19</div> <div>Make the most of a virtual health care visit by having your symptoms, medical history, and any medications ready before you log in.*</div>	<div>20</div> <div><a href="#">Video tip:</a> Learn how to show up at work with your mental health in mind.</div>	<div>21</div> <div><a href="#">Video tip:</a> Muscles and joints are most effective in the middle of their range of motion and can be irritated when unsupported at the ends of their range.</div>
<div>22</div> <div>Many virtual providers offer quick check-ins to see whether you're improving and adjust your treatment if needed.</div>	<div>23</div> <div>Use your smartphone to set reminders for taking your medications.</div>	<div>24</div> <div>Embrace self-compassion and treat yourself with kindness and care with this <a href="#">15-minute meditation</a>.</div>	<div>25</div> <div><a href="#">Video tip:</a> Learn how to protect your neck and eyes from strain with best practices to build into your daily routine.</div>	<div>26</div> <div>Virtual physical therapy offers real-time feedback on how you're doing your exercises, so you can get the most from your sessions.* <a href="#">See how.</a></div>	<div>27</div> <div>A virtual urgent care visit may help you avoid a crowded waiting room or a trip to the emergency room.*</div>	<div>28</div> <div>Start a journaling practice to explore your thoughts, frustrations, and emotions. <a href="#">Read more.</a></div>
<div>29</div> <div>Slow down and savor every bite. Mindful eating can reduce digestive symptoms and manage cravings.</div>	<div>30</div> <div>Have back pain? Forget bed rest! Participation in virtual physical therapy* is an accessible and effective remedy.</div>					

\*Participants in the Premier, Contribution, Saver, and Local plans have access to virtual care at no cost to them. Saver Plan participants must meet their deductible before virtual primary, urgent, and mental health care, virtual physical therapy, and at-home lab work are available at no cost to them.

## Your partners to support your well-being with virtual care



Get support from mental health professionals or explore self-care resources anytime, anywhere, to help you feel your best. [Start today](#)



Access convenient 24/7 virtual care with providers, psychiatrists, and therapists for medical and mental health needs. [Find care](#)



Get virtual support to prevent and treat pain for your joint and muscle health, all from the comfort of your own home. [Start today](#)



Get immediate, clinician-backed care to support long-term, sustainable digestive health. [Get started](#)

Get the “Well-being Tip of the Day” texted directly to your phone by our partners at myAgileLife. [Sign up here!](#)



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