




# Physical Well-being at Walmart

You have access to support for all aspects of life, and a range of ways to get and stay well. With medical coverage for in-person and virtual care for many situations, you can choose how to live better.


And, even if you do not have medical coverage, you have access to programs to help you build healthy habits and support your well-being.




## Take care of your health—no medical plan required

**Get fit wherever you work, live, or travel** for as little as \$5 per biweekly pay period with Fitness Pass. 


**Enroll in dental and vision coverage** that works for you. 








**Quit tobacco or vaping for good** with text-based coaching and nicotine replacement therapy.  \$0

**Build your family** with support for adoption and surrogacy expenses.  \$0

**Create healthy habits with support** from an app designed to help you eat better, manage stress, move more, and think positively.  \$0

## Benefits when you enroll in Walmart medical coverage

Choose medical coverage that fits your needs, and gain access to programs that support you even more:  

- **Skip the waiting room.** Through Doctor On Demand by Included Health, receive care virtually for primary, urgent, mental health care, and some at-home labs\*—anytime, anywhere. Additionally, connect virtually for:
  - Gut health care
  - Physical therapy\* \$0
- **Get a Personal Healthcare Assistant** to help you find a doctor, facilitate a second opinion, or figure out a medical bill.  \$0
- **Access to specialists at some of the best facilities** through Walmart's Centers of Excellence program\* for complex health needs like cancer diagnosis and treatment review, and many surgeries. Also access fertility care and weight loss surgery, subject to deductible and coinsurance.  \$0
- **Find a doctor in your network.** Easily identify providers in your area. Get the right care at the right provider, so you can live better.  \$0
- **Save on prescriptions** through pharmacy coverage with a \$4 copay for most generic prescriptions.  \$0
- **Take control of diabetes** with programs that help you manage your condition, save money on prescriptions, lose weight, and live a healthier lifestyle.  
- **Support for travel costs** if the care you need is more than 100 miles from your home.

### Benefits key

-  Available on Day One as a Walmart associate
-  Part of most Walmart medical plans
-  Eligibility rules apply
-  No cost for service



### Learn more about Well-being at Walmart

Scan the code or visit [One.Walmart.com/Wellbeing](https://one.walmart.com/Wellbeing)

Get personalized help navigating your benefits with Help Now. [One.Walmart.com/HelpNow](https://one.walmart.com/HelpNow)

\*Deductible applies for Saver Plan participants.

## Benefits and programs described are applicable for 2025.

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