



# Own your well-being

This quarter, your **Live Better Bulletin** focuses on how you can save time and make the most of it with your Walmart benefits.

## We'll feature:

-  Get time on your side with short-term savings and long-term goals
-  How to use virtual care, which can save you time and money
-  Understanding and using your paid time off benefit
-  Spending time with a mental health coach to gain life skills
-  Benefits to support the many paths to parenthood

## Associate spotlights:



**James Bright** shares how his Walmart benefits helped him adopt his twins.



Use the QR code to read his story.



**Cedric Clark** talks about how to prioritize mental health.



Listen to the mental health episode.



### One.Walmart.com/Wellbeing

Explore all of the benefits available to help you live better. Be sure you're signed in to see the full details.



### One.Walmart.com/BenefitsGuide

See exactly what you're enrolled in now and learn more about any benefits you can choose or change throughout the year.

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