

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:

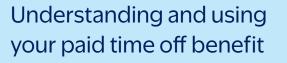


Get time on your side with short-term savings and long-term goals



How to use virtual care, which can save you time and money







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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Interpreter Services are available at no cost. 1-800-421-1362 | Los servicios de interpretación están disponibles de manera gratuita. 1-800-421-1362

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RECYCLE/REMOVE ON JULY 31