



## Quarterly Campaign:

# Live better when you protect your health and wealth

## FY26 Q3 Talking points for leaders



This quarter, we're focusing on how Walmart benefits can help protect mental, physical, and financial well-being, so associates can be prepared to make informed decisions for their health and wealth. Use these talking points to discuss the featured programs with your associates.

## What we're talking about in Q3

This quarter's **Live Better Bulletin** explores these benefits:

### 1. Finding the right fit for your mental health:

Understand the multiple ways you and your family members can access mental health care. Learn about the options through Lyra and Doctor On Demand by Included Health.

**Eligibility:** All Walmart associates can access some mental health programs, like therapy and mental health coaching through Lyra; others require Walmart medical plan enrollment, like mental health support through Doctor On Demand by Included Health.

### 2. Healthy habits made easy:

Choose from programs that feel right for where you are today and help you maintain wellness. Eat better, move more, and manage stress with support from resources like Fresh Tri, myAgileLife, Fitness Pass, and Breakthru.

**Eligibility:** All Walmart associates

### 3. Help quitting tobacco or nicotine:

Through Kick Buts, you and up to two family members or friends can get help quitting smoking, vaping, or chewing tobacco. Access text support, a personal coach, up to \$100 in gift cards for nicotine replacement products, and more.

**Eligibility:** All Walmart associates

### 4. Dental and vision coverage:

You may be able to choose dental coverage and vision coverage, even if you're not eligible for medical coverage.

**Eligibility:** Check your personalized Benefits Guide at **One.Walmart.com/BenefitsGuide**

### 5. Disability coverage and life insurance:

Learn how these programs can help you protect yourself and your loved ones. These benefits provide cash support when you need time away from work to heal or if your family needs to replace your earnings.

**Eligibility:** Check your personalized Benefits Guide at **One.Walmart.com/BenefitsGuide**

### 6. Naming beneficiaries:

Keeping your beneficiaries' information updated helps make sure your benefits, like 401(k) and life insurance, are paid according to your wishes. If you don't name a beneficiary, your benefit will be paid according to plan terms, which may not be consistent with your intent.

Take five minutes to review and update your beneficiary information by visiting **One.Walmart.com/Beneficiary**

**Eligibility:** All Walmart associates

**7. One-on-one financial consultation:** Define your financial goals and plan how to reach them with a 30-minute virtual consultation with a Merrill financial specialist.

**Eligibility:** All Walmart associates

**8. Unlock benefits to help you grow:** Who knew Walmart offered benefits for your career, health, and wealth? We knew. Learn more about programs to boost your career, total well-being, financial stability, and more.

**Eligibility:** All Walmart associates



## Prepare now: Annual Enrollment starts Oct. 11!

It's your once-a-year chance to make changes to your Walmart benefits or enroll in coverage (unless you have an election change event, such as getting married or having a child).

To see what you're eligible for and enrolled in, check out your personalized Benefits Guide:  
**[One.Walmart.com/BenefitsGuide](https://One.Walmart.com/BenefitsGuide)**

## Find more details and communication materials

**OneWalmart** is your one-stop shop for this campaign:



### **All associates**

will receive the Q3 **Live Better Bulletin** mailer at their homes, as well as a digital version via email. Find details at **[One.Walmart.com/Wellbeing](https://One.Walmart.com/Wellbeing)**.



### **Facility managers**

will receive posters and table tents in English and Spanish, and digital signage in English, to display in their locations.



### **Managers of people**

have access to materials to support associate conversations, including information about the Q3 campaign, on-demand general benefits and well-being assets, and the latest Monthly Well-being Tips Calendar at **[One.Walmart.com/LiveBetterPlaybook](https://One.Walmart.com/LiveBetterPlaybook)**.

**The Associates' Health and Welfare Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.** 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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