

Oh baby!

Welcome to your Walmart maternity benefits.

When a new family member arrives, life changes fast. Luckily, Walmart is here to support you with some great programs and benefits that will help you and your growing family live better every day. This handy checklist tells you what you need to do, and how and when to do it. Let's take a look!



During pregnancy

- TALK TO YOUR MANAGER
- ASK FOR AN ACCOMMODATION, IF NEEDED
- SET UP YOUR LEAVE
- FIGURE OUT COSTS
- SIGN UP FOR LIFE WITH BABY
- GET YOUR TEETH CLEANED

After baby arrives

- UPDATE BENEFITS
- UPDATE BENEFICIARIES
- FIND A PEDIATRICIAN
- DRAFT A WILL
- USE RESOURCES FOR LIVING
- SAVE MONEY ON CHILD CARE
- SIGN UP FOR LIFE WITH BABY

Returning to work

- GET/SUBMIT A RELEASE
- TELL YOUR MANAGER
- BRING YOUR RELEASE



During pregnancy

Planning and support.

Before your little one arrives, you have a million things to think about. And while we really wish we could help you assemble the crib, we're just going to focus on a few key to-dos.

TALK TO YOUR MANAGER

When you feel ready, you should share your news with your manager. Together, you can work on creating a plan that's just right for you.

ASK FOR AN ACCOMMODATION

Although it's uncommon, sometimes a pregnancy can make it difficult to do your job. If that's the case, you can get help. Call the Accommodations Service Center at [855-489-1600](tel:855-489-1600) to get started.

SET UP YOUR MATERNITY/PARENTAL LEAVE

To schedule your leave, go online at [mySedgwick.com](https://mysedgwick.com) or call Sedgwick at [800-492-5678](tel:800-492-5678). With Walmart's maternity benefits you get 10 weeks of paid leave, which can start two weeks before your due date. You can also request up to 6 weeks of paid parental leave to start after your maternity leave, or you can save the 6 weeks to use later in the year.

FIND OUT HOW MUCH MEDICAL CARE WILL COST

You can rest easy knowing what's covered and who's in your network. One phone call to your health care advisor can answer all those questions and more. Just check the back of your plan ID card.

SIGN UP FOR LIFE WITH BABY

This free* program supports you before and after your pregnancy. You'll get your own nurse to talk to, important information timed to your pregnancy stage, and some great free gifts. Check out the brochure at One.Walmart.com/LifeWithBaby and sign up by calling the number on the back of your plan ID card.

GET YOUR TEETH CLEANED

Believe it or not, you get two additional cleanings during pregnancy, and up to three months after delivery. To learn more, go to One.Walmart.com/Dental or call Delta Dental at [800-462-5410](tel:800-462-5410).

*If you're enrolled in an HRA plan, the HSA Plan, the Select Network Plan, or some ACPs. Other ACPs, the eComm PPO Plan, and HMOs may have similar maternity programs.



After baby arrives

Taking care of business (and yourself).

Once the little one is here, there are a few important things to take care of, plus some really helpful benefits to make things a little easier.

UPDATE YOUR BENEFITS

Be sure to add your new family member to your medical coverage by using the online enrollment tool: One.Walmart.com/Enroll

UPDATE YOUR BENEFICIARIES

Use the online tool to make sure your benefits are paid the way you want: One.Walmart.com/Beneficiary

GET HELP FINDING A PEDIATRICIAN

Grand Rounds will help you find top-ranked local pediatricians in your network, right from your phone or computer:

GrandRounds.com/Walmart

GET HELP DRAFTING A WILL

Make a plan for who'll take care of your family if something happens to you. Walmart provides free online will creation services through WillGuidance.com (Promo code WALMART).

USE RESOURCES FOR LIVING

This free service can help you with everything from finding child care to coping with postpartum depression. Learn more at One.Walmart.com/RFL or call [800-825-3555](tel:800-825-3555).

SAVE MONEY ON CHILD CARE

The Associate Discount Center can help you save money on child care and early education. Go to One.Walmart.com/DiscountCenter.

SIGN UP FOR LIFE WITH BABY

This free* program is great for new moms, too. You'll get three free lactation visits, plus a free breast pump. Sign up by calling the number on the back of your plan ID card.



Aetna (For: Select Network Plan, Banner ACP, St. Luke's ACP, eComm PPO):
[855-548-2387](tel:855-548-2387)

Blue Advantage
Administrators of
Arkansas: [866-823-3790](tel:866-823-3790)

UnitedHealthcare
(includes Presbyterian ACP):
[888-285-9255](tel:888-285-9255)

HealthSCOPE Benefits
(includes all other ACPs):
[800-804-1272](tel:800-804-1272)

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Returning to work

Welcome back!

When it's time to come back to work, there are a few steps you need to take to make sure everything goes smoothly:

- GIVE YOUR RELEASE TO SEDGWICK**
Submit a written release/return to work certification form to Sedgwick as soon as possible. If you're released with medical restrictions, Sedgwick will review the restrictions to see how we can help you return to work. If you have questions about your accommodation, call [855-489-1600](tel:855-489-1600).

- NOTIFY YOUR MANAGER**
Let your manager/HR representative know when you're coming back so together you can make plans for your return to work.

- BRING YOUR RELEASE WITH YOU**
Give your written release to your manager/HR representative on your first day back to work. You should also notify Sedgwick of your return by visiting mysedgwick.com or by phone.

