



# Ask the experts.

## Find a doctor and get medical plan help

Your contact information for medical plan help depends on two things:

- Where you work, or in some cases which plan you're enrolled in.
- Which of our four plan administrators serves your area. You'll find yours on the back of your plan ID card.

Location or plan	Plan administrator	Find a doctor	Claims, customer service, care management
Most areas	BlueAdvantage Aetna HealthSCOPE	<a href="https://IncludedHealth.com/Walmart">IncludedHealth.com/Walmart</a> Included Health: <a href="tel:800-941-1384">800-941-1384</a> Virtual doctor visit: <a href="https://One.Walmart.com/DOD">One.Walmart.com/DOD</a>	BlueAdvantage: <a href="tel:866-823-3790">866-823-3790</a> Aetna: <a href="tel:855-548-2387">855-548-2387</a> HealthSCOPE: <a href="tel:800-804-1272">800-804-1272</a>
Most areas	UMR	<a href="https://IncludedHealth.com/Walmart">IncludedHealth.com/Walmart</a> UMR: <a href="tel:855-870-9177">855-870-9177</a> Virtual doctor visit: <a href="https://One.Walmart.com/DOD">One.Walmart.com/DOD</a>	UMR: <a href="tel:855-870-9177">855-870-9177</a>
IL, IN, MO, NC, SC, VA	BlueAdvantage Aetna	<a href="https://IncludedHealth.com/Walmart">IncludedHealth.com/Walmart</a> Personal Healthcare Assistant: <a href="tel:855-377-2200">855-377-2200</a> Virtual primary care doctor: <a href="https://One.Walmart.com/DOD">One.Walmart.com/DOD</a>	Included Health: <a href="tel:855-377-2200">855-377-2200</a>
IL, MO, NC, SC	UMR	<a href="https://IncludedHealth.com/Walmart">IncludedHealth.com/Walmart</a> UMR: <a href="tel:855-870-9177">855-870-9177</a> Virtual primary care doctor: <a href="https://One.Walmart.com/DOD">One.Walmart.com/DOD</a>	UMR: <a href="tel:855-870-9177">855-870-9177</a>
TX: Dallas, Houston, San Antonio AR: Northwest Arkansas OK: Tulsa, Oklahoma City FL: Tampa, Orlando, Jacksonville, Gainesville	BlueAdvantage	<a href="https://IncludedHealth.com/Walmart">IncludedHealth.com/Walmart</a> BlueAdvantage: <a href="tel:866-823-3790">866-823-3790</a> Virtual doctor visit: <a href="https://One.Walmart.com/DOD">One.Walmart.com/DOD</a>	BlueAdvantage: <a href="tel:866-823-3790">866-823-3790</a>

## Find a doctor and get medical plan help (cont.)

Location or plan	Plan administrator	Find a doctor	Claims, customer service, care management
AK, AL, AZ, CO, IA, KY, MN, TN, WI, WV	BlueAdvantage Aetna	<a href="https://IncludedHealth.com/Walmart">IncludedHealth.com/Walmart</a> Included Health: <a href="tel:800-941-1384">800-941-1384</a> Virtual primary care doctor: <a href="https://One.Walmart.com/DOD">One.Walmart.com/DOD</a>	Included Health: <a href="tel:800-941-1384">800-941-1384</a> (care management) Aetna: <a href="tel:833-554-1544">833-554-1544</a> BlueAdvantage: <a href="tel:866-823-3790">866-823-3790</a>
AL, CO, IA, MN, WI	UMR	<a href="https://IncludedHealth.com/Walmart">IncludedHealth.com/Walmart</a> UMR: <a href="tel:855-870-9177">855-870-9177</a> Virtual primary care doctor: <a href="https://One.Walmart.com/DOD">One.Walmart.com/DOD</a>	UMR: <a href="tel:855-870-9177">855-870-9177</a>
Mercy Arkansas Local Plan, Ochsner Local Plan, UnityPoint Local Plan	HealthSCOPE	<a href="https://IncludedHealth.com/Walmart">IncludedHealth.com/Walmart</a>	HealthSCOPE Benefits: <a href="tel:800-804-1272">800-804-1272</a>
Hawaii	HMSA Kaiser	<a href="https://HMSA.com">HMSA.com</a> : <a href="tel:808-948-6111">808-948-6111</a> <a href="https://KP.org">KP.org</a> : <a href="tel:808-532-5955">808-532-5955</a> (Oahu), <a href="tel:800-966-5955">800-966-5955</a> (all neighbor islands) Virtual doctor visit: See HMO provider	<a href="https://HMSA.com">HMSA.com</a> : <a href="tel:808-948-6111">808-948-6111</a> <a href="https://KP.org">KP.org</a> : <a href="tel:808-532-5955">808-532-5955</a> (Oahu), <a href="tel:800-966-5955">800-966-5955</a> (all neighbor islands)
PPO Plan	Aetna	<a href="https://IncludedHealth.com/Walmart">IncludedHealth.com/Walmart</a> Included Health: <a href="tel:800-941-1384">800-941-1384</a> Virtual doctor visit: <a href="https://Teladoc.com/Aetna">Teladoc.com/Aetna</a>	Aetna: <a href="tel:855-548-2387">855-548-2387</a> Teladoc: <a href="tel:800-835-2362">800-835-2362</a>

## Other benefits topics

If you have questions about ...	Website	Phone
Pharmacy benefits	<a href="https://One.Walmart.com/Prescriptions">One.Walmart.com/Prescriptions</a>	OptumRx: <a href="tel:844-705-7493">844-705-7493</a>
Health Savings Account (HSA) for associates enrolled in the Saver Plan	<a href="https://One.Walmart.com/Saver">One.Walmart.com/Saver</a> <a href="https://Learn.HealthEquity.com/Walmart/HSA">Learn.HealthEquity.com/Walmart/HSA</a>	HealthEquity: <a href="tel:866-296-2860">866-296-2860</a>
Centers of Excellence	<a href="https://One.Walmart.com/COE">One.Walmart.com/COE</a>	BlueAdvantage: <a href="tel:866-823-3790">866-823-3790</a> Aetna: <a href="tel:855-548-2387">855-548-2387</a> UMR: <a href="tel:855-870-9177">855-870-9177</a> HealthSCOPE: <a href="tel:800-804-1272">800-804-1272</a> (See back of plan ID card)

## Other benefits topics (cont.)

If you have questions about ...	Website	Phone
Digestive health program: AK, AL, AZ, CO, IA, IL, IN, KY, MN, MO, NC, SC, TN, VA, WI, WV	<a href="https://One.Walmart.com/GIThrive">One.Walmart.com/GIThrive</a>	GIThrive: <a href="tel:833-336-9488">833-336-9488</a>  BlueAdvantage: <a href="tel:866-823-3790">866-823-3790</a>  Aetna: <a href="tel:855-548-2387">855-548-2387</a>  UMR: <a href="tel:855-870-9177">855-870-9177</a>  HealthSCOPE: <a href="tel:800-804-1272">800-804-1272</a>
Digital physical therapy program: AK, AL, AZ, CO, IA, IL, IN, KY, MN, MO, NC, SC, TN, VA, WI, WV	<a href="https://One.Walmart.com/OmadaHealth">One.Walmart.com/OmadaHealth</a>	BlueAdvantage: <a href="tel:866-823-3790">866-823-3790</a>  Aetna: <a href="tel:855-548-2387">855-548-2387</a>  UMR: <a href="tel:855-870-9177">855-870-9177</a>  HealthSCOPE: <a href="tel:800-804-1272">800-804-1272</a>  (See back of plan ID card)
Vision plan	<a href="https://One.Walmart.com/Vision">One.Walmart.com/Vision</a>	VSP: <a href="tel:866-240-8390">866-240-8390</a>
Dental plan	<a href="https://One.Walmart.com/Dental">One.Walmart.com/Dental</a>	Delta Dental: <a href="tel:800-462-5410">800-462-5410</a>
Short-term disability insurance	<a href="https://One.Walmart.com/ShortTermDisability">One.Walmart.com/ShortTermDisability</a> (CA, CT, DC, HI, MA, NJ, NY, RI, WA; refer to state guide)	Sedgwick/Lincoln: <a href="tel:800-492-5678">800-492-5678</a>
Long-term disability insurance	<a href="https://One.Walmart.com/LongTermDisability">One.Walmart.com/LongTermDisability</a>	Lincoln: <a href="tel:877-353-6404">877-353-6404</a>
Accident and critical illness insurance	<a href="https://One.Walmart.com/Accident">One.Walmart.com/Accident</a> <a href="https://One.Walmart.com/Critical">One.Walmart.com/Critical</a>	Allstate Benefits: <a href="tel:800-514-9525">800-514-9525</a>
Life, accidental death and dismemberment (AD&D), and business travel accident insurance	<a href="https://One.Walmart.com/Life">One.Walmart.com/Life</a> <a href="https://One.Walmart.com/ADD">One.Walmart.com/ADD</a>	Prudential: <a href="tel:877-740-2116">877-740-2116</a>
Resources for Living	<a href="https://One.Walmart.com/RFL">One.Walmart.com/RFL</a>	<a href="tel:800-825-3555">800-825-3555</a> , available 24/7
Even	<a href="https://One.Walmart.com/Even">One.Walmart.com/Even</a>	People Services: <a href="tel:800-421-1362">800-421-1362</a>
Quit Tobacco	<a href="https://One.Walmart.com/QuitTobacco">One.Walmart.com/QuitTobacco</a>	Kick Buts: <a href="tel:855-955-1905">855-955-1905</a>
Walmart 401(k) Plan	<a href="https://One.Walmart.com/401k">One.Walmart.com/401k</a> <a href="https://Benefits.ML.com">Benefits.ML.com</a>	Merrill: <a href="tel:888-968-4015">888-968-4015</a>
Associate Stock Purchase Plan	<a href="https://One.Walmart.com/ASPP">One.Walmart.com/ASPP</a> <a href="https://ComputerShare.com/Walmart">ComputerShare.com/Walmart</a>	ComputerShare: <a href="tel:800-438-6278">800-438-6278</a>
PTO and other benefits information	<a href="https://One.Walmart.com/PTO">One.Walmart.com/PTO</a> <a href="https://One.Walmart.com/Benefits">One.Walmart.com/Benefits</a>	People Services: <a href="tel:800-421-1362">800-421-1362</a>

