



Military Duty

How your Walmart benefits can help.

We're proud to support our military associates. This checklist shows you what you need to do before you go on leave and where you can get help while you're away. Download it and keep it handy so you can check things off as you go.



Before you go

TALK TO YOUR MANAGER

TAKE A MILITARY LEAVE OF ABSENCE (LOA)

GET HELP DRAFTING A WILL



While you're away

GET HELP WITH LIFE'S CHALLENGES

LEARN ABOUT YOUR WALMART BENEFITS



When you return

RETURNING FROM MILITARY
ASSIGNMENT OR DUTY

UPDATING YOUR WALMART BENEFITS

Before you go

TALK TO YOUR MANAGER

Once you know when you'll be away, tell your manager. Together, you can plan for your leave, and learn about helpful resources.

TAKE A MILITARY LEAVE OF ABSENCE

Depending on your circumstances, you may be eligible for pay during your military leave of absence through military differential pay.

- Check out the [military leave policy](#)
- To request a leave, call Sedgwick: [800-492-5678](tel:800-492-5678)
- To manage a leave, visit: [mySedgwick.com](https://mysedgwick.com)

GETTING HELP DRAFTING A WILL

Will Guidance provides free online tools for wills, estate planning guidance, and help with things like inheritance taxes, loss of income, creditors, and probate. Visit WillGuidance.com and use promo code **WMTWILL**.

While you're away

GET HELP WITH LIFE'S CHALLENGES

Resources for Living® is there for you and your family during your military leave and can even help find resources in your new community if you need to relocate. You can access free support and resources 24/7, and get up to three face-to-face sessions with a licensed counselor at no cost.

- Learn more: One.Walmart.com/RFL
- Call Resources for Living: [800-825-3555](tel:800-825-3555)

LEARN ABOUT YOUR WALMART BENEFITS

Questions about using your benefits during military leave? Give People Services a call: [800-421-1362](tel:800-421-1362).

When you return

RETURNING FROM MILITARY ASSIGNMENT OR DUTY

- When you return from military leave, notify your manager and Sedgwick as soon as possible of your intent to return to work, or within the appropriate return period.
- If your service was for more than 30 days, you must submit documentation that says your release from service was honorable or under honorable conditions and that your return to work is timely.
- If you're returning to work after recovering from an illness or injury suffered or aggravated during active duty, you must also provide a written release completed by your healthcare provider.

UPDATING YOUR WALMART BENEFITS

Questions about modifying your benefits when returning from military leave?
Give People Services a call: [800-421-1362](tel:800-421-1362).

BENEFITS IN DETAIL

See the [2020 Associate Benefits Book with 2021 Summary of Material Modifications](#) for additional information about your benefits and eligibility.

