

# Moving

## 2019 Life Event Checklist

Moving affects every part of your life. It can be exciting and challenging all at the same time. Walmart offers a wide range of support to help you make a smooth transition.

### Update your address

Make sure you update your payroll and benefits info with your new address in the [online enrollment tool](#), or with your personnel associate or training coordinator.

Note: You must complete an online enrollment session and allow the pay period to end for your address to update.

- WalmartOne enrollment tool: [WalmartOne.com/Enroll](https://WalmartOne.com/Enroll)

For associates on Workday, please use the Workday enrollment tool for updates.

### Use Resources for Living<sup>®</sup>

This is your gateway to support, encouragement, guidance, financial planning, and information for all aspects of well-being. It can help you find resources in your new community, such as childcare, eldercare, and tools for coping with the stress of moving.

- Learn about Resources for Living<sup>®</sup>: [WalmartOne.com/RFL](https://WalmartOne.com/RFL)
- Resources for Living<sup>®</sup>: [800-825-3555](tel:800-825-3555)

### Visit your Associate Discount Center

Find great deals on local restaurants, cell phone carriers, and services near your new address at the Associate Discount Center. You can also use your Associate Discount Card for savings on purchases for your new home.

- Learn more about the Associate Discount Center: [WalmartOne.com/DiscountCenter](https://WalmartOne.com/DiscountCenter)
- Learn more about the Associate Discount Card: [WalmartOne.com/DiscountCard](https://WalmartOne.com/DiscountCard)

### Find a doctor in your area

Walmart makes it easy to find a new doctor near you. Use Grand Rounds to find in-network doctors and medical services from a computer or mobile device.

- Learn more about Grand Rounds: [WalmartOne.com/GrandRounds](https://WalmartOne.com/GrandRounds)
- Learn more at WalmartOne: [WalmartOne.com/ProviderNetworks](https://WalmartOne.com/ProviderNetworks)



## Medical questions

Ask your health care advisor about what expenses are covered, finding in-network providers, and complex benefit situations. While plan administrators manage billing and payment among in-network doctors and hospitals as well as your plan, your health care advisor is a valuable resource for navigating your benefits.

Contact your health care advisor:

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

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

United Healthcare (*Includes Presbyterian ACP*): [888-285-9255](tel:888-285-9255)

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

For information about HMOs, contact your facility associate.

You can find the number for your health care advisor on the back of your plan ID card.

