



# Physical Well-being at Walmart

You can live better with programs that help build healthy habits and support your well-being. And if you enroll in Walmart-provided medical coverage, you can choose in-person or virtual care.

## Take care of your health—no medical plan required

### Get fit wherever you work, live, or travel

Access discounts on classes and gym memberships through Fitness Pass.



### Get covered

Enroll in dental and/or vision coverage that works for you.



### Help quitting nicotine, like tobacco or vaping

Access personalized support via phone or email to help you quit nicotine, like tobacco or vaping, for good through Lyra.




### Build your family

Get help paying for surrogacy and adoption with Kindbody.



### Create healthy habits with support

Use Fresh Tri—an app designed to help you eat better, manage stress, move more, and think positively.

**Explore Well-being at Walmart**  
Scan the code or visit [One.Walmart.com/Wellbeing](https://One.Walmart.com/Wellbeing)

Get personalized help navigating your benefits with Help Now. Visit [One.Walmart.com/HelpNow](https://One.Walmart.com/HelpNow)

### Benefits key

 Available on Day One as a Walmart associate	 Eligibility rules apply
 Part of most Walmart medical plans	 No cost for service

## Benefits when you enroll in Walmart medical coverage

### Get covered

Choose medical coverage that fits your needs, and gain access to even more support. See your options in your personalized Benefits Guide.



### Skip the waiting room

Receive care virtually for primary, urgent,<sup>1</sup> or mental health care through Doctor On Demand by Included Health, and some at-home labs<sup>2</sup>—anytime, anywhere. You can also connect virtually for digestive health care and physical therapy.



### Get a Personal Healthcare Assistant

They can help you find a doctor, facilitate a second opinion, or figure out a medical bill.



### Access to specialists at some of the best facilities

Walmart's Centers of Excellence program<sup>3</sup> offers support for complex health needs such as cancer, hip and knee replacements, organ and tissue transplants, and more. You can also get access to fertility care and weight loss surgery, subject to deductible and coinsurance.



### Find a doctor in your network

Easily identify providers in your area. Get the right care with the right provider, so you can live better.



### Save on prescriptions

Pay a \$4 copay for most generic prescriptions.<sup>4</sup>



### Find support for your metabolic health

Access programs through Twin Health that help you manage pre-diabetes and diabetes, save money on prescriptions, lose weight, and live a healthier lifestyle.



### Connect with the right care, even far away

Get support accessing the care you need if the provider is more than 100 miles from your home. Call the number on the back of your medical plan ID card to learn more.



1 For participants in the Premier PPO, Saver HSA, and Contribution HRA plans when connecting online with a Doctor On Demand by Included Health provider. Participants in the Personalized Wellbeing Copay plan pay \$0 for covered virtual care, but virtual urgent care is \$0 only when connecting online with a Doctor On Demand by Included Health provider.  
 2 At-home labs are \$0 when ordered through Quest Diagnostics during a virtual session with a Doctor On Demand by Included Health provider.  
 3 For Premier PPO, Contribution HRA, and Personalized Wellbeing Copay plans. Saver HSA Plan participants must meet their deductible.  
 4 For Premier PPO, Saver HSA and Contribution HRA plan participants. Personalized Wellbeing Copay Plan participants pay \$0 for generic prescriptions on the plan's preferred drug list; \$25 to \$250 for those on the non-preferred list; and full retail cost for those not on the plan's list of covered drugs.

## Benefits and programs described are applicable for 2026.

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