



Ask the experts

Associates enrolled in HMO plans

2026

Find a doctor and get medical plan help

If you have questions about finding a doctor, benefits, medical claims, or care management for an HMO plan:	Website	Phone
Health Net	HealthNet.com	Health Net: 1-800-722-5342
HMSA Hawaii	HMSA.com	1-808-948-6111 1-800-776-4672
Kaiser of California	kp.org	1-800-464-4000 (English) 1-800-788-0616 (Spanish)
Kaiser of Colorado	kp.org	Denver metro: 1-303-338-3800 Other areas: 1-800-632-9700
Kaiser of Georgia	kp.org	Atlanta metro: 1-404-261-2590 Other areas: 1-888-865-5813
Kaiser of Hawaii	kp.org	Kaiser (Oahu): 1-808-432-5955 Kaiser (neighbor islands): 1-800-966-5955
Kaiser of the Mid-Atlantic	kp.org	Kaiser: 1-855-249-5018
Kaiser Foundation Health Plan of WA	kp.org	Kaiser: 1-888-901-4636
Kaiser of Oregon	kp.org	Kaiser (Portland Area): 1-503-813-2000 Kaiser (Other Areas): 1-800-813-2000

Other benefits topics

If you have questions about...	Website	Phone
Choosing your beneficiaries	One.Walmart.com/Beneficiary	People Services: Chat now or call: 1-800-421-1362
Vision Plan	One.Walmart.com/Vision	VSP: 1-866-240-8390
Dental Plan	One.Walmart.com/Dental	Delta Dental: 1-800-462-5410
Short-term disability insurance	One.Walmart.com/LOA For more information about state plans, see the Benefits Guide at One.Walmart.com/BenefitsGuide .	Sedgwick: 1-800-492-5678
Long-term disability insurance	One.Walmart.com/LOA	Lincoln: 1-877-353-6404
Accident and critical illness insurance	One.Walmart.com/Accident One.Walmart.com/Critical mybenefits.allstate.com/#/login	Allstate Benefits: 1-800-514-9525
Life, accidental death and dismemberment (AD&D), and business travel accident insurance	One.Walmart.com/Life One.Walmart.com/ADD prudential.com/gimicro/walmart	Prudential: 1-877-740-2116
My Mental Health Resources Access therapy, coaching, and digital tools for a healthier mind—powered by Lyra.	One.Walmart.com/MentalHealth Walmart.Lyrahealth.com	1-800-825-3555 , available 24/7
Supportiv Anonymous chat-based mental health support.	Supportiv.com/Walmart	
ONE@Work Save automatically, spend confidently, and get paid early with ONE@Work.	One.Walmart.com/ONEAtWork	People Services: Chat now or call: 1-800-421-1362
Help Now Call Help Now for personalized support to navigate resources for everyday life.	One.Walmart.com/HelpNow	Phone: 1-855-4HLPNOW (1-855-445-7669)
Fitness Pass Get access to thousands of gyms through payroll-deducted membership.	One.Walmart.com/FitnessPass	Fitness Pass: 1-833-236-0181 Monday-Friday 8 a.m.-8 p.m. ET
Fresh Tri Eat better, manage stress, move more, and think positively with the Fresh Tri app.	One.Walmart.com/FreshTri	Inquiry@freshtri.com
Helpr Caregiving support for children, adult dependents, and elders. (Sam's Club hourly field associates only)	One.Walmart.com/Helpr	Call: 1-877-417-4883 Text: 1-844-875-2955

Other benefits topics (cont.)

If you have questions about...	Website	Phone
<p>myAgileLife</p> <p>Master the skills to lose weight, cope with stress, or live a healthier lifestyle with text message-based coaching.</p>	<p>One.Walmart.com/HealthyLiving</p>	<p>myAgileLife: 1-855-955-1905, Available Monday-Friday 9 a.m.-6 p.m. CT</p>
<p>Quit tobacco</p> <p>Get the tools you need to quit tobacco for good with Kick Butts.</p>	<p>One.Walmart.com/QuitTobacco</p>	<p>Kick Butts: 1-855-955-1905, Available Monday-Friday 9 a.m. -6 p.m. CT</p>
<p>Walmart 401(k) Plan</p> <p>Save for retirement, and when eligible, Walmart matches each dollar you contribute up to 6% of your eligible pay.</p>	<p>One.Walmart.com/401k Benefits.ML.com</p>	<p>Merrill: 1-888-968-4015</p>
<p>Associate Stock Purchase Plan</p> <p>Buy Walmart stock and get a 15% match on the first \$1,800 you contribute (\$270 maximum per plan year April–March).</p>	<p>One.Walmart.com/ASPP Computershare.com/Walmart</p>	<p>Computershare: 1-800-438-6278 Hearing impaired: 1-800-952-9245</p>
<p>Paid Time Off (PTO), Protected PTO and other benefits information</p> <p>Use time for just about anything: holidays, family time, personal needs, and when you're sick and miss work.</p>	<p>One.Walmart.com/PTO One.Walmart.com/Health</p>	<p>People Services: Chat now or call: 1-800-421-1362</p>