



# Mental Well-being at Walmart

Choose how to protect and enhance your mental health: in-person or virtually, with self-directed tools, or with a caring professional. Most of these tools are available at no cost to you—even if you're not enrolled in a Walmart medical plan.

## Support for your mind—no medical plan required

### Get support for neurodiversity



Quickly connect one-on-one with board-certified behavioral analysts through Lyra for help with needs such as ADHD and autism.

### Get 20 visits with a mental health professional



You and your eligible family members can see licensed therapists virtually or in person, and mental health coaches virtually through Lyra. And for in-the-moment support, connect with a licensed clinician 24/7.

### Find peer support



Access a group chat facilitated by a trained moderator through Supportiv and connect anonymously with people who are dealing with similar struggles as you.

### Take a guided microbreak



Reduce stress, reset, and refocus by downloading the Breakthru app directly to your Walmart Microsoft Teams account.

### Take the time you need



Focus on the things that matter most with paid time off.

### Get help to cut back or stop using substances



Personalized, confidential treatment through Lyra can help you and your eligible dependents reduce or stop substance use.

## Benefits when you enroll in Walmart medical coverage

### Schedule a neuropsychological evaluation



You can be seen by a Lyra provider, often within four weeks, rather than waiting many months.

### Get help when you need it most



Everyone needs help from time to time. A licensed clinician from Humankind may reach out to you to check in, offer support, or connect you with other benefits.

### Connect with a psychologist or psychiatrist virtually



Your Walmart medical plan covers virtual mental health services through Doctor On Demand by Included Health, too.



### 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 and programs described are applicable for 2026.

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