


2026 February Heart your whole self



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Video tip: Good sleep supports a healthy heart and mind.</p>	<p>2</p> <p>It can be hard to take a compliment. Reflect on your positive qualities to make it easier to accept genuine appreciation.</p>	<p>3</p> <p>Contributing to Walmart's 401(k) or Associate Stock Purchase Plan (ASPP) can help you invest in your future.</p>	<p>4</p> <p>Associate Story: When Edna needed complex heart surgery, she turned to Walmart's Centers of Excellence program.</p>	<p>5</p> <p>HelpNow can help bring peace of mind by connecting you with the right Walmart benefits or local community resources.</p>	<p>6</p> <p>Fresh or frozen produce can be a great part of a heart-healthy diet. Take advantage of the Associate Discount Card to stock up!</p>	<p>7</p> <p>Many factors affect your heart health, including age, lifestyle, and genetics. Take a quiz to learn how healthy your heart is.</p>
<p>8</p> <p>Have something you've been avoiding? Spark action by getting a realistic idea of what needs to be done.</p>	<p>9</p> <p>Look after your finances in the ONE@Work app. Get daily snapshots of your bills, save automatically, and even get paid early!¹</p>	<p>10</p> <p>Blend avocado into your hummus for a creamy, heart-loving upgrade. Try the recipe!</p>	<p>11</p> <p>Celebrate what makes you different! Your unique perspective is a valuable asset.</p>	<p>12</p> <p>Video tip: Try a movement break! Small steps build momentum toward better heart health.</p>	<p>13</p> <p>See where you stand by checking your credit score on MyWalmart, Me@Campus, or Me@Sams and get tips for improving your score.</p>	<p>14</p> <p>Set aside time for check-ins or shared activities with people who uplift and energize you to nurture meaningful relationships.</p>
<p>15</p> <p>Love your heart and your wallet with gym discounts, digital fitness classes, and a supportive online community. Learn more.</p>	<p>16</p> <p>Video tip: Get your heart centered and blood flowing with a quick yoga stretch.</p>	<p>17</p> <p>Healthy relationships require mutual understanding. Clearly communicate your emotional and physical needs to the people in your life.</p>	<p>18</p> <p>Frontline Sam's Club associates can unlock savings in clubs and at the fuel pump with their no-cost Club membership.</p>	<p>19</p> <p>Walmart's Centers of Excellence can help eligible associates² access heart specialists at Cleveland Clinic and more.</p>	<p>20</p> <p>Be kind to your mind. Connect with one of Lyra's licensed clinicians 24/7 for in-the-moment support at no cost to you.</p>	<p>21</p> <p>Find the right tools and resources to help you on your path to financial well-being at One.Walmart.com/Money.</p>
<p>22</p> <p>Did you know that an HSA³ can be used to pay for bandages, blood-sugar tests, and breastfeeding supplies?</p>	<p>23</p> <p>Breathe into the bottom of your lungs to interrupt the stress cycle and help reduce high blood pressure.</p>	<p>24</p> <p>Leave bad spending habits behind with the ONE@Work app. Connect your bank account and track your expenses for a month to identify potential problems.</p>	<p>25</p> <p>The Mediterranean Diet focuses on eating patterns rather than following a strict diet and can lower your risk of heart disease.</p>	<p>26</p> <p>Treat yourself with the understanding you would offer a good friend, especially when you make mistakes.</p>	<p>27</p> <p>Eligible Walmart associates can save on gas, video streaming, and grocery deliveries with the no-cost Walmart+ membership.</p>	<p>28</p> <p>Staying hydrated helps your heart pump more easily. Try drinking water before each meal, or adding flavor with fruits.</p>
			 <p>Scan the QR code or visit One.Walmart.com/Wellbeing to explore these tips and more.</p>			

Support for your mind, body, and wallet

Featured vendors:



Eligible associates enrolled in most Walmart medical plans can access specialists at some of the best health facilities, such as the Cleveland Clinic, which provides a cardiac surgery medical record review through our Centers of Excellence program.² **Check it out** or call the number on the back of your medical plan ID card.



Begin your fitness journey on location or online. **Learn more.**



Weight loss through brain science. **Find out more.**



No-cost support from mental health professionals. **Sign up today.**



Find support in 100% anonymous, moderated live group chats in English and Spanish. **Chat now.**

1 OnePay is a financial technology company, not a bank. Banking services provided by Coastal Community Bank or Lead Bank, Member FDIC. Instapay is unavailable to associates in New York and Puerto Rico, truck drivers, and executives.
 2 For participants in the Premier PPO, Saver HSA, Contribution HRA, and Personalized Wellbeing Copay plans. Participants in the Saver HSA Plan must meet their network annual deductible before the plan pays any benefits.
 3 A Health Savings Account (HSA) is available to eligible Saver HSA Plan participants.