



Cancer support

Support when you need it most.

No one should have to go through cancer alone. This checklist shows you where to find the medical, emotional, and financial support you need. Download it and keep it with you so you can check things off as you go.



Resources and support



TAKE TIME AWAY



GET CARE MANAGEMENT THROUGH YOUR MEDICAL PLAN



GET A SECOND OPINION



HIGH-QUALITY CARE FOR SOME COMPLEX CONDITIONS



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JOIN A CANCER SUPPORT GROUP



SEE IF YOU'RE ELIGIBLE FOR A BENEFIT PAYMENT FROM ALLSTATE



UPDATE YOUR BENEFICIARY(IES)



GET HELP MAKING A WILL



GET HELP WITH LIFE'S CHALLENGES



GET FINANCIAL SUPPORT



PAYING FOR YOUR BENEFITS

Resources and support

TAKE TIME AWAY

Take the time you need with Family and Medical Leave Act (FMLA) or personal medical leave. Disability insurance can help replace your income. Your disability benefits vary depending on the state you work in. You may also be eligible for unpaid leave. Here are some resources to help sort out your options.

- Leave of absence: One.Walmart.com/LOA
- Leave of absence: Visit mySedgwick.com or call [800-492-5678](tel:800-492-5678)
- Short-term disability: One.Walmart.com/ShortTermDisability
- Long-term disability: One.Walmart.com/LongTermDisability

GET CARE MANAGEMENT THROUGH YOUR MEDICAL PLAN

Your Walmart medical plan offers critical care management services, including your own personal nurse care manager. This helps make sure you and your family get the most appropriate care, coordinated among all the various providers who treat you. Call your health care advisor at the number on the back of your plan ID card. If you're in an HMO, contact your plan directly.

GET A SECOND OPINION

Get your own personal healthcare assistant with Included Health. Besides helping you find local doctors, you can use it to get a written second opinion from a leading expert, at no cost to you. They'll even collect medical records and work with you and your doctors on a treatment plan.

- Learn more: One.Walmart.com/FindaDoctor
- Included Health: [800-941-1384](tel:800-941-1384) from 8 a.m. – 9 p.m. ET
- In Orlando and Tampa, Dallas/Fort Worth, Texas, and northwest Arkansas, check out One.Walmart.com/ProviderGuide instead

HIGH-QUALITY CARE FOR SOME COMPLEX CONDITIONS

If you have been diagnosed with breast, lung, colorectal, prostate, or blood (including myeloma, lymphoma, and leukemia) cancer, Walmart's Centers of Excellence program gives you access to a medical records review by Mayo Clinic to determine if an on-site visit is recommended. If an on-site visit is recommended, related services come at no cost to you with most medical plans. This includes travel and lodging for you and a caregiver.

Learn more: One.Walmart.com/COE.



Aetna (includes: Banner Local Plan and eComm PPO):
[855-548-2387](tel:855-548-2387)

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

UnitedHealthcare
[888-285-9255](tel:888-285-9255)

HealthSCOPE Benefits (includes all other Local Plans, and select associates in CO, WI, MN):
[877-385-8786](tel:877-385-8786)

North and South Carolina Personal Healthcare Assistant, provided by **Included Health:**
[855-377-2200](tel:855-377-2200)

GET ACCESS TO YOUR LIFE INSURANCE

If you're terminally ill, you can choose an early payout of your company-paid life insurance. This lets you receive up to 50% of the amount your beneficiary(ies) would have received upon your death.

- Learn more at One.Walmart.com/Life
- Call Prudential at [877-740-2116](tel:877-740-2116) for details

JOIN A CANCER SUPPORT GROUP

Our monthly cancer support meetings help associates who are facing all types of cancer. The group connects recently-diagnosed associates and their caregivers with other survivors and co-survivors. The group can help you explore treatment options, identify community resources, and maintain your physical, mental, spiritual, and emotional well-being.

To help you avoid the risks of COVID-19, we're holding virtual support meetings on the third Friday of every month from 3 p.m. – 4 p.m. CT.

- Learn more: walmart.workplace.com/groups/178050473008045/ (search for Walmart & Sam's Cancer Support Group)
- Email: WalmartSamsCancerSup@wal-mart.com
- Virtual/Zoom Invite – wmlink/WalmartSamsCancerSupportGroup

SEE IF YOU'RE ELIGIBLE FOR A BENEFIT PAYMENT FROM ALLSTATE

You may be eligible for a benefit if you're enrolled in critical illness insurance.

- Learn more: One.Walmart.com/Critical
- Allstate: [800-514-9525](tel:800-514-9525)
- Visit Allstate

UPDATE YOUR BENEFICIARY(IES)

Make sure your benefits are paid according to your wishes by keeping your beneficiaries up to date. Set or change a beneficiary: One.Walmart.com/Beneficiary.

GET HELP MAKING A WILL

Will Guidance gives you free online tools for wills, estate planning guidance, and help with things like inheritance taxes, loss of income, creditors, and probate.

Visit WillGuidance.com and use promo code **WMTWILL**.

GET HELP WITH LIFE'S CHALLENGES

Access free support, guidance, and practical tools anytime to deal with everyday challenges or more serious issues—24/7.

- Learn more: One.Walmart.com/Lyra
- Call: [800-825-3555](tel:800-825-3555)

GET FINANCIAL SUPPORT

The Associates in Critical Need Trust (ACNT) is a nonprofit organization that gives financial help to associates who experience unexpected hardships for things like a serious illness. If you're interested in getting support from the program, talk to your People Partner.

PAYING FOR YOUR BENEFITS

Your share of the cost of benefits is normally deducted from your pay automatically. If you're away on leave, things work a bit differently. To see how to keep your benefits current, see the "Keeping Up To Date During Leave" section of the Leave of Absence pages at One.Walmart.com/LOA.

You can also learn more at One.Walmart.com/ShortTermDisability.

GET A CONSULT TO EXPLORE FERTILITY PRESERVATION OPTION

Through Walmart's fertility and family-building benefit, you may be eligible to preserve eggs, sperm, or embryos. Cancer treatments, including surgery, chemotherapy, and radiation, can leave a person infertile or make future conception difficult. As survival rates have increased in young people diagnosed with cancer, so has the need for proactive protection for future fertility goals.

- Learn more about cancer & fertility preservation at www.Kindbody.com/oncofertility
- Activate your fertility benefit at www.Kindbody.com/Walmart

BENEFITS IN DETAIL

See the [***Associate Benefits Book***](#) for additional information about your benefits and eligibility.

