



# 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](#)

[GET WORLD-CLASS CARE WITH 100% COVERAGE](#)

[GET ACCESS TO YOUR LIFE INSURANCE](#)

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

## GET WORLD-CLASS CARE WITH 100% COVERAGE

If you have been diagnosed with breast, lung, colorectal, prostate, or blood cancer (including myeloma, lymphoma, and leukemia), Walmart's Centers of Excellence program gives you access to some of the best doctors in the country. Mayo Clinic specialists can review your medical records, and may recommend an on-site visit.



**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 **Grand Rounds Health:**  
[855-377-2200](tel:855-377-2200)

These services are covered at 100%, including a travel allowance if necessary, if you're enrolled in the Premier, Contribution, Saver, or Local plans. If you're enrolled in the Saver Plan, you'll be eligible for 100% coverage after you meet your deductible, due to federal tax law. Learn more: [One.Walmart.com/COE](https://One.Walmart.com/COE).

### 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](https://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/](https://walmart.workplace.com/groups/178050473008045/) (search for Walmart & Sam's Cancer Support Group)
- Email: [WalmartSamsCancerSup@wal-mart.com](mailto:WalmartSamsCancerSup@wal-mart.com)
- Virtual/Zoom Invite – [wmlink/WalmartSamsCancerSupportGroup](https://wmlink.com/join/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](https://One.Walmart.com/Critical)
- Allstate: [800-514-9525](tel:800-514-9525)
- Visit [Allstate](https://www.allstate.com)

### 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](https://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](https://WillGuidance.com) and use promo code **WMTWILL**.

## GET HELP WITH LIFE'S CHALLENGES

Get the support, guidance, and practical tools you and your family need to deal with everyday challenges or more serious issues, including counseling and finding local support groups. Resources for Living® is available 24/7.

- Learn more: [One.Walmart.com/RFL](https://One.Walmart.com/RFL)
- Resources for Living: [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](https://One.Walmart.com/LOA).

You can also learn more at [One.Walmart.com/ShortTermDisability](https://One.Walmart.com/ShortTermDisability).

## BENEFITS IN DETAIL

See the [2020 Associate Benefits Book with 2021 Summary of Material Modifications](#) for additional information about your benefits and eligibility.

