



# Moving

## Helpful resources for a fresh start.

Moving affects every part of your life. This checklist shows you what you need to do to have a smooth transition—and how Walmart can help. Download it and keep it with you so you can check things off as you go.



### Resources for a successful move



UPDATE YOUR ADDRESS



GET HELP WITH LIFE'S CHALLENGES



USE YOUR ASSOCIATE DISCOUNTS



FIND A DOCTOR IN YOUR AREA

# Resources for a successful move

## UPDATE YOUR ADDRESS

Make sure your benefits and payroll keep up with you by sharing your new address. Here's how:

- For most associates, update your address information on the enrollment tool: [One.Walmart.com/Enroll](https://One.Walmart.com/Enroll)
- If your facility uses Workday, update your address through that system instead

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

## USE YOUR ASSOCIATE DISCOUNTS

The Associate Discount Center has great deals on local restaurants, cell phone carriers, and services near your new address. And don't forget to save with your Associate Discount Card when you're shopping for your new home.

- Learn more: [One.Walmart.com/DiscountCenter](https://One.Walmart.com/DiscountCenter)
- Learn more: [One.Walmart.com/DiscountCard](https://One.Walmart.com/DiscountCard)

## FIND A DOCTOR IN YOUR AREA

Grand Rounds Health is like having your own personal healthcare assistant who can help you find a doctor, get a second opinion, or figure out medical bills. And it's available at no additional cost.

- Learn more about Grand Rounds Health, or for more options to find a doctor, visit: [One.Walmart.com/GrandRounds](https://One.Walmart.com/GrandRounds)
- In central Florida, Dallas/Fort Worth, Texas, and northwest Arkansas, check the [Provider Guide](#) instead

## BENEFITS IN DETAIL

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

