

## Health and Wellness Facts

At Walmart, we help people live better by making a difference on important issues that matter to our customers and associates, including access to affordable healthier food, comprehensive associate benefits and affordable health care.

### Making Food Healthier and Healthier Food More Affordable

In January 2011, Walmart made a major [commitment to make food healthier and healthier food more affordable](#), ensuring families won't have to choose between a product that is good for them and one they can afford.

Our healthier food initiative commits to:

- Reformulate thousands of packaged food items by 2015 by reducing sodium by 25% and added sugars by 10% and removing all remaining industrially produced trans fats
- Make healthier choices more affordable by providing savings on fresh produce and reducing the price premium on "better-for-you" items
- Develop strong criteria for a simple front-of-package seal that will help consumers instantly identify healthier food options
- Provide solutions to address food deserts by [building stores in underserved communities](#)
- Increase charitable support for nutrition programs that help educate consumers about healthier food solutions and choices

For more information, visit <http://walmartstores.com/healthierfood>.

### Associate Health and Benefits

We offer our associates a [comprehensive benefits package](#) that provides more cash up-front to pay for eligible medical expenses, the potential to receive more income today through our bonus incentive programs, and incentives to save and help them plan for retirement – including matching up to 6% into our 401(k) program.

Walmart medical plans are available for as little as \$11, and all plans include 100% coverage for eligible preventive services like annual check-ups, immunizations and more when associates visit network providers.

Walmart insures more than 1 million people in the U.S., and our health plans exceed the requirement of the reform law passed in 2010.

### Affordable Health Care

Since we launched our [\\$4 prescription program](#) in 2006, our U.S. customers have saved \$4 billion on their medications.

Through [medical clinics in our stores](#), we're offering our customers affordable and accessible health care solutions.

Independently owned and operated in-store clinics offer walk-in service, seven days a week, with no appointment necessary. "Get Well Stay Well" visits typically cost \$65 or less, and fees for treatment are clearly posted.