

Walmart Wellness Benefits Card Food & Produce Benefit on BlueMedicare Independence (HMO)



Nutritional health is important to our members. That's why Arkansas Blue Medicare and Walmart have partnered to bring the Walmart Wellness Benefits Card for food & produce to qualifying members enrolled in our BlueMedicare Independence (HMO) plan.

Starting January 1, 2024, you'll have greater and easier access to healthy foods and produce* at Walmart and Walmart Neighborhood locations. Your new Walmart Wellness Benefits Card will provide you with a \$25 monthly allowance to purchase the healthy foods and produce you enjoy.

*Excludes alcohol, tobacco products, lottery, and firearms. Other limitations may apply. Please contact Customer Service for details.

How does the Walmart Wellness Benefits Card work?

Since BlueMedicare Independence (HMO) also has an over-the-counter (OTC) benefit available through the Walmart Wellness Benefits Card, you will receive only one card to be used for both your OTC items and food & produce benefits. The card will have two different allowances with funds for each benefit. When you use your card, funds will be deducted from the appropriate allowance based on the items you purchase.

Benefit funds are available at the beginning of each calendar month (January 1, February 1, March 1, etc.) and will be forfeited at the end of each calendar month (January 31, February 29, March 31, etc.) if not used.

You will receive your Walmart Wellness Benefits Card in the mail prior to your plan effective date. You must first activate the card before using it. To activate it, you can:

1. Call **1-833-316-1113** (TTY: **711**) 6 a.m. to 9 p.m. Central, seven days a week.
2. Scan the QR code on the card.
3. Add the card to your "wallet" on your [Walmart.com](https://www.walmart.com) account. (If you don't already have a Walmart.com account, you will need to create one.)

Who is eligible for the Walmart Wellness Benefits Card for food & produce?

If you've been diagnosed with one of the following chronic conditions, you may receive the Walmart Wellness Benefits Card for food and produce.

- ✓ Autoimmune disorder
- ✓ Cancer
- ✓ Cardiovascular disorder (e.g., hypertension)
- ✓ Chronic and disabling mental health condition
- ✓ Chronic alcohol and other drug dependence
- ✓ Chronic heart failure (CHF)
- ✓ Chronic lung disorder
- ✓ Coronary artery disease (CAD)
- ✓ Dementia
- ✓ Diabetes
- ✓ End-stage liver disease
- ✓ End-stage renal disease (ESRD)
- ✓ HIV/AIDS
- ✓ Neurologic disorder
- ✓ Osteoarthritis
- ✓ Osteoporosis
- ✓ Severe hematologic disorder
- ✓ Sjögren's syndrome
- ✓ Stroke

What's covered with the Walmart Wellness Benefits Card for food & produce?

The Walmart Wellness Benefits Card covers hundreds of food & produce products to help you make healthy decisions when grocery shopping. These options include:

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|---------------------------------|------------------------------------|--------------------------------|
| Apples | Canned & jarred poultry | Farm crates |
| Applesauce & fruit sauces | Canned & jarred seafood | Fish |
| Avocados | Canned & jarred vegetables | Flours |
| Baking chips | Canned & packaged meat substitutes | Fresh & frozen beans & legumes |
| Baking extracts | Canned, jarred, & cup fruits | Fresh & frozen fruits |
| Baking mixes | Cheeses | Fresh & frozen meats |
| Baking soda | Chicken | Fresh & frozen poultry |
| Bananas | Cooking oils | Fresh & frozen seafood |
| Bean dips & spreads | Cooking sauces & marinades | Fresh & frozen vegetables |
| Bean pastes | Cooking sprays | Fruit butters |
| Beef | Dried fruits | Fruit snacks |
| Bison | Dried vegetables | Grains |
| Bottled tea drinks | Dry beans & legumes | Granola |
| Bouillon, broths, & stocks | Edible nuts | Grapes |
| Breads & buns | Edible seeds | Guacamole |
| Breakfast & cereal bars | Eggs | Hot cereal |
| Canned & jarred beans & legumes | Egg substitutes | Hummus |
| Canned & jarred meats | Electrolyte supplements | Ice |

Jams, jellies, & preserves	Packaged appetizers	Sandwich spreads
Kefir & yogurt drinks	Packaged breakfast cereals	Sandwiches, filled rolls, & wraps
Ketchup	Packaged meals	Savory pies & quiches
Lamb	Packaged salads	Seafood dips & spreads
Lunch & deli meats	Packaged side dishes	Seaweed & sea vegetables
Mayonnaise	Pears	Smoked fish
Meal kits	Pickles	Snack bars
Meat dips & spreads	Plant-based milk	Snack boxes
Milk products	Popcorns	Snack crackers
Muesli	Pork	Tea - bags, loose-leaf, pods, & powdered
Mushrooms	Prepared & packaged soups	Tortillas & wraps
Mustards	Pretzels	Trail mixes
Nut butters & spreads	Protein supplements	Turkey
Nutrition bars, gels, & chews	Puffed snacks	Vegetable dips
Nutrition drinks	Relishes	Vinegars
Oatmeal	Rice	Watermelons
Olives	Rice cakes	Yogurts
Onions	Salad toppings	
Oral electrolyte solutions	Salsas	

What's not covered?

Not every item in participating stores is covered by the Walmart Wellness Benefits Card for food & produce benefit. Items not covered include:

Alcohol	Breadsticks	Chocolate & candy assortments
Apple flavorings	Butter & margarine	Chocolate drink mixes
Baby cereals	Cakes	Chocolate truffles
Baby foods	Candy bars & miniatures	Chocolate-covered fruits, nuts, & snacks
Baby formula	Candy brittle	Chutneys
Baby juices	Candy canes	Clams
Baby snacks	Candy corn	Coatings & batters
Bacon	Candy melts	Cocktail mixers
Bagels	Capers	Cocktail rimming salts & sugars
Baking powder	Caramel candy	Cocktail sauces
Barbecue sauces	Carob	Coconut flakes
Beer	Caviar & fish roe	Coconut milk
Bottled coffee drinks	Cheese dips & spreads	
Bread stuffing	Chewing gum	
Breadcrumbs	Chewy candy	

Coconut water	Fruit-flavored candy	Mussels
Coffee - ground, instant, pods, & whole-bean	Fudge	Non-dairy creamers
Coffee substitutes	Gingerbread kits	Noodles
Condensed milks	Gravies	Nut cluster candy
Cookies	Grits	Olive dips & spreads
Cooking wines	Gummy candy	Oysters
Coolers & flavored alcoholic beverages	Halva	Pancake syrups
Corn dogs	Hard candy	Pancakes, crepes, & waffles
Corn syrup	Hard ciders	Party mixes
Cornstarch & cooking thickeners	Honey	Pasta
Cotton candy	Horseradish	Pasta & noodles
Crab	Hot cocoa pods	Pasta sauces
Cream cheese	Hot sauces	Pastries
Crepes	Ice cream bars, cones, & novelties	Pates
Croutons	Ice cream, sorbet, & frozen yogurt	Pectin
Cupcakes	Ice pops	Pediatric nutrition shakes
Dairy creams	Imitation crab	Pie & pastry fillings
Dessert sprinkles & decorations	Instant breakfast drinks	Pie crusts
Dessert syrups & sauces	Instant coffee	Pies
Doughs	Jawbreakers	Pizza
Dried fish	Jellybeans	Pizza bites
Drink mixes	Jerky & dried meats	Pizza crusts
Eggnogs	Juices	Pizza sauces
Emergency food	Licorice candy	Pork rinds
Emergency food kits	Liquor & spirits	Powder candy
Energy drinks	Lobster	Powdered baking cocoa
English muffins	Lollipops & suckers	Rock candy
Evaporated milks	Lottery	Salad dressings
Firearms	Maple syrups	Satay sauces
Fish sauces	Marmalades	Sausages & hot dogs
Flavored syrups	Marshmallows	Scallops
Food coloring	Marzipan & almond pastes	Shortening & lard
Food gift assortments	Marzipan candy	Shrimp & prawns
French toast	Meatballs	Snack chips
Frosting & icing	Mint candy	Snack pudding & gelatin
Fruit leathers	Molasses, treacle, & sugar syrups	Soda pop
	MREs	Soda syrups
		Solid baking chocolate
		Sour candy
		Soy sauces

Sparkling water
Sports drinks
Steak sauces
Sugar substitutes
Sugars
Sushi
Sweet pies, tarts, &
prepared desserts

Taco shells
Taffy candy
Tahini
Tartar sauces
Tea concentrates
Toaster pastries
Tobacco
Toddler formulas

Toffee candy
Tonic water
Waffles
Wasabi
Wine
Worcestershire sauce
Yeasts & leaveners

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