

# Your Benefits Checklist



As you prepare to enroll in your benefits, take this opportunity to review the personalized guidance resources Whole Foods Market offers to help you make the most of your benefits.

## Step 1

Visit [www.mywfbenefits.com/resources/new-to-benefits](http://www.mywfbenefits.com/resources/new-to-benefits) to review your benefit options. Here you'll find your benefits guide and a benefits presentation to help you make an informed decision.

## Step 2

If you're considering a Health Savings Account or Flexible Spending Account, review your prior year's health and dependent care expenses and make note of any medical, dental, vision, or dependent care services you have planned for this year. You can also check out the Healthcare Funding Account Quiz available at [mywfbenefits.com](http://mywfbenefits.com) to help make your plan decisions.

## Step 3

Collect the necessary documentation for any eligible dependents you wish to enroll into coverage. You'll need the legal name, date of birth, and Social Security number for each eligible dependent. You must enroll and submit supporting documentation by the deadline indicated on the enrollment website.

## Step 4

We offer different ways to enroll to give you the level of support that is best for you.



**ONLINE:** Visit the Benefits Enrollment Portal via [benefits.wholefoods.com](http://benefits.wholefoods.com) and follow the prompts to complete your enrollment.



**BY PHONE:** Call the Benefits Service Center to speak with an Enrollment Representative who will take your elections over the phone.

**888-681-2249, option 1, Monday - Friday  
7am - 7pm CT.**



**VIRTUAL:** Schedule a one-on-one video call with a certified Benefits Counselor to address your personal benefit questions at [www.benefitsgo.com/WFMwebscheduler](http://www.benefitsgo.com/WFMwebscheduler)

**NOTE: Use of your camera is optional.**

## Step 5

Select your beneficiary(ies) if you elect the Voluntary Life Insurance benefit. You'll need to provide a full name, Social Security number, and contact information.

## Step 6

If you elect a Life Insurance option that requires Evidence of Insurability (EOI), you'll need to submit it directly to the insurance carrier after your enrollment. You'll be enrolled in Life Insurance up to the Guaranteed Issue amount until your EOI is approved.

## Step 7

Learn more about the other benefits offered by visiting the U.S. Benefits page on Innerview such as 401(k), Emergency Savings Account (ESA), Discounts, Healthy Retreats, and more.



**You must enroll by the deadline noted on the enrollment website to receive benefits; otherwise, you will not be able to enroll unless you experience a Qualified Life Event or until the next Annual Enrollment period.**