



Physical Well-being Starts Here

We invest in our associates health by creating opportunities through our programs to help them move, feel and live better. By offering programs that support healthy lifestyles, condition management and family planning, mygrowth offers you the tools to achieve your best physical self.

Take care of your health — no medical plan required

Front door to support and assistance



Even if you're not enrolled in medical benefits, Included Health is still here for you, helping you understand your benefit options, resolve billing issues, and more. All associates get 24/7 dedicated support, real answers to cost questions, and instant access to all of your benefits.

Get exclusive offers and discounts



All associates and eligible family members have access to OnePass, providing subscription-based access to gyms, boutique fitness studios and online workouts with one monthly membership. Starting at just \$10 per month, with digital options and access to popular gyms and studios, you can find a plan that helps you achieve your health and fitness goals.

Protect Your Smile and Vision



Delta Dental and vision coverage through EyeMed. Choose the plans that fit your needs and get access to quality care to help you stay healthy year-round.

Key



Available on Day One as a Dollar Tree associate



Eligibility rules apply



Part of most Dollar Tree medical plans



No cost for service

Explore your Benefits & Well-being at Dollar Tree



Scan the qr code to visit **mytree**



Scan the qr code to visit **Included Health**

Scan to access the mygrowth Well-being Guide



Our **mygrowth** guide connects you to the tools and well-being benefits available to support you and your family.

Health Benefits with a Dollar Tree medical plan

Your Front Door to Healthcare Support



Included Health makes it easier for you and your covered dependents to get the care and guidance you need, when you need it. With 24/7 access to doctors, trusted providers, and personalized support, Included Health can help you:

- Understand healthcare costs, bills, and benefits
- Find the right care and navigate your healthcare journey
- Access free virtual primary care, urgent care, and mental health support

Fertility and family building



Access support for all pathways to parenthood from preconception to fertility treatment to adoption and surrogacy. Use your health plan for fertility reimbursement, and Maven Wallet for reimbursement of eligible adoption and surrogacy costs.

Menopause and midlife health support



Access 24/7 education, coaching, and personalized support to help you better understand and manage midlife health. Available to all genders, this resource offers guidance on symptoms, hormone health, wellness, nutrition, physical support, mental well-being, and more—connecting you with specialists who can help you feel your best.

Digital Support for Musculoskeletal Health



Move with comfort and confidence with Hinge Health, a digital exercise therapy program designed to help you manage neck, back, and joint pain. Personalized programs can help reduce discomfort, improve mobility and flexibility, and support your overall physical well-being.

Diabetes and healthy weight support



Take control of your health with Virta Health, a personalized nutrition therapy program designed to help members improve blood sugar levels, achieve healthy weight goals, and reduce reliance on certain medications. Virta Health provides the support you need to make lasting lifestyle changes.

Expert Support for your Surgical Journey



Lantern connects you with highly experienced surgeons and personalized support to help you make informed decisions about your care.

All information within this document is intended to be a brief overview of available well-being resources for those associates, dependents, and/or family members who meet the specific eligibility criteria for each program. The description of these benefits are not guarantees of current or future employment or benefits. If there is any conflict between this information and the official plan documents, the official documents will govern.

Benefits and programs described are applicable for 2027.

