



# ENJOY THE RIDE

**For health.**

**For happiness.**

**For a brighter future.**

Find support and feel your best with LifeSteps. Using our resources, you can take control of your well-being in the ways that matter to you. Get help being more active, eating healthy, managing stress and more.

- **Health Assessment** – In 15 minutes you'll receive a health report, get personalized recommendations and customize your LifeSteps experience.
- **Biometric screenings** – Learn important health numbers and be better equipped to make decisions about your well-being.
- **Health coaching** – LifeSteps coaches are trained professionals who can help you learn healthy recipes, start an activity routine and much more.
- **"Wellness At Your Side" app** – Download the LifeSteps mobile app to conveniently use our tools on the go.
- **Fun challenges** – Join wellness challenges to work toward a healthier mind and body while you have fun!
- **NEW! Wellbeats** – Watch expert-led fitness, nutrition and mindfulness classes. Enjoy over 1,200 classes for all ages, levels, abilities, and interests!

\*The LifeSteps Wellness Program is offered to all GM U.S. hourly employees and their dependents age 18 and older. The Program is also available to all GM U.S. salaried employees, including their enrolled dependents age 18+ in the U.S. Salaried Medical Plan. GM contract workers are not eligible to participate in the LifeSteps Wellness Program.

### **Take the driver's seat**

Do well-being your way. LifeSteps can help you participate in virtual wellness events and find tools that make well-being work for you.

### **Grab the wheel and go**

Get started today! Complete the Health Assessment to learn about your well-being and personalize your experience at [Lifesteps.com](https://lifesteps.com).

### **Need to register?**

Watch a short video to learn how.

