



# STAY DRIVEN

For your health.

For your happiness.

For a better tomorrow.

LifeSteps is here to support you with tools, features and information that can help you feel your best.

#### Inspiration for the road ahead

Find resources that can help you be more active, eat healthy, manage stress and feel your best for years to come.

- **Health Assessment** – In just 15 minutes you'll receive a health report, get personalized recommendations and customize every part of your experience with LifeSteps.
- **Biometric screenings** – Learn important health numbers. With your results, you'll be better equipped to make decisions about your well-being.
- **Health coaching** – LifeSteps coaches are trained health professionals ready to help you meet your goals; whether you want to learn healthy recipes, start an activity routine or something else.
- **“Wellness At Your Side” app** – Download the LifeSteps mobile app to conveniently use our tools on the go.
- **Fun challenges** – Find joy in working toward better health! Join wellness challenges to work toward a healthier mind and body.

#### Take the driver's seat

LifeSteps can help you take control of your well-being. You can set a goal with the Daily Habits tool, 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://www.lifesteps.com).



\*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.