

LIFESTEPS PROGRAM

OVERVIEW

At GM, we know nothing is more important than your health. That's why we've teamed up with WebMD to bring you the LifeSteps Program. Now, it's easier than ever to take control of your well-being and achieve the goals that matter most to you.

The goal of the LifeSteps Program is to create a culture of wellness by educating, supporting, and empowering employees and their families to improve and maintain their overall well-being through healthy lifestyle choices.

The LifeSteps Program is a comprehensive program offering:

- **Health Assessment:** Answer a few questions about your health, well-being, and lifestyle. In just 15 minutes, you'll learn where your health stands and receive personalized recommendations to help you improve it.
- **Health coaching:** Get professional help achieving your wellness goals. Even better, coaching sessions are convenient, confidential, and completely free.
- **Wellness at Your Side mobile app and online tools:** Access LifeSteps anytime 24/7; access health tools, track your progress and work toward your wellness goals.
- And more!

ELIGIBILITY

The LifeSteps Program is offered to all U.S. hourly employees, their spouses, and dependent child(ren) age 18 and older. Your dependent children under the age of 18 are not eligible to access LifeSteps programs.

HOW TO ACCESS SERVICES

You have several options to connect with LifeSteps for services:

1. **Telephone:** Contact your local onsite LifeSteps Wellness Coach
2. **Email:** lifesteps@webmd.com
3. **Website:** lifesteps.com
4. **Mobile App:** Download the *Wellness At Your Side* mobile app on the App StoreSM or Google PlayTM

COST

GM pays for the cost of this service. You and your eligible family members may access this service at no cost to you.

Less Common Permitted Uses and Disclosures: The law permits the Plans to use and disclosure of your PHI in additional, less common situations, such as: to a health oversight agency (such as Medicare or Medicaid); for government functions (for reasons of national security, public health, or if required by military authorities); to avert a serious health or safety threat; to government agencies about abuse, neglect, or domestic violence; to coroners or funeral directors as necessary to allow them to carry out their duties; in connection with organ or tissue donation; or for post-mortem identification.

Other Uses and Disclosures: Any other uses and disclosures of your PHI not described in this Notice require your written authorization. For example, an authorization is required for any use or disclosure of psychotherapy notes, except in connection with a legal action or other proceeding brought by the Individual who is the subject of the notes. Your authorization is required for the Plans to use or disclose your PHI to market to you (with limited exceptions). If you provide an authorization, you may revoke the authorization in writing at any time (except to the extent the Plans have already taken action in reliance on the authorization), and this revocation will be effective for future uses and disclosures of PHI requiring authorization.

Breach Notification

The Plan must notify you in the event that there is a breach involving your PHI.

Complaints and Inquiries

You may file a complaint with the Plans or the Secretary of the Department of Health and Human Services if you believe your privacy rights have been violated. To file a complaint with the Plans, you may write to the address below. You will not be retaliated against for filing such a complaint.

Future Changes in the Notice

The Plans reserve the right to change their privacy practices and the terms of this Notice at any time, effective for PHI that the Plans already have about you as well as any PHI that the Plans receive in the future. The Plans will provide you with a copy of the new Notice whenever the Plans make a material change to the privacy practices described in this Notice. The revised Notice will be provided by mail or email.

Contact Information

For assistance, or to obtain a copy of this notice, you may call the GM Benefits & Services Center at 1-800-489-4646 or write to:

GM Health Care Privacy Office
Mail Code 482-C24-B81
300 Renaissance Center
Detroit, MI 48265-3000