



"BUILD IT LIKE WE OWN IT"

Subject: Profit Sharing Contribution Election Window for the PSP

the Profit Sharing Plan for Hourly-Rate Employees in the United States ("Profit Sharing Plan") for the 2022 Plan Year, eligible participants will have the opportunity to contribute up to 100% of the payout, on a pre-tax basis, to their Personal Savings Plan ("PSP") account, subject to tax law limitations. All Profit Sharing payouts are subject to FICA tax withholdings, Union dues, and any other required payroll and benefit deductions (e.g., overpayments, special court orders for child support arrearages, tax levies or similar obligations, etc.). Such deductions will occur before any contributions are made to the PSP. All prior Profit Sharing contribution elections have been reset to zero. Participants

explicitly make an election during the election window beginning January 26, 2023 at 8:00 a.m. ET, and ending February 9, 2023 at 4:00 p.m. ET. Participants can make their election online at NetBenefits.com or by contacting the GM Benefits & Services Center at 1-800-489-4646. Elections made after the window has closed will not take effect. Participants who do not take action will receive their entire Profit Sharing payout as

who wish to contribute all or a portion of their Profit Sharing payout to the PSP must

contributed to the PSP. A communication detailing the election window and instructions will be sent to

Questions related to contribution elections should be directed to the GM Benefits & Services Center at 1-800-489-4646.

payroll and benefit deductions should be directed to GMNA People Services at 1-800-584-2000.

Attention!

information on Socrates. When accessing Employee Placement

System or payment elections in Workday, please use a desktop computer or laptop. Desktop computers are available for use outside of Labor. WHAT YOU NEED TO KNOW ABOUT THE

TRANSFER PROCESS - CLICK HERE 2022 Chevrolet Bolt EUV Driving Notes: The Bigger The Better

DRIVING NOTES 2022 CHEVROLET BOLT EUV



PETROIT Getting a Peek Behind GM's Design

Chevrolet Bolt EV: Edmunds Top Rated Electric

Car | Edmunds Top Rated Awards 2023

Jeff Zurschm Jan. 20, 2023

Curtain

DIMENSIONS Source: Trey Hawkins - gmauthority.com



Boost Your Mood

Dopamine, also known as the feel-good hormone, is a chemical that is released in the brain when you experience rewarding events. Balanced levels of dopamine make you feel alert, focused, motivated and happy. Low levels of dopamine can make it hard to concentrate, feel less motivated and experience movement difficulties.

DRIVING MY WELLNESS

The good news is, there are natural ways to increase your dopamine levels!

Low levels of dopamine are also associated with Parkinson's disease, depression, and attention deficit hyperactivity disorder (ADHD).

7 Ways To Boost Your Mood Naturally Laugh it off. Laughing with a group of people may relieve tension and leave you feeling happy.

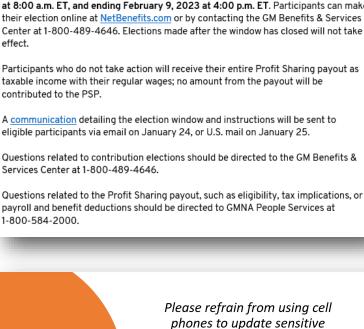
- Go for a walk in the park. Taking a walk may increase blood flow to your brain and energize you.
 Laugh it off, Laughing with a group of people
 Try a random act of kindness. Doing something nice for another person may potentially boost their mood, in turn boosting yours as well. Call a loved one. A call with a close loved one may raise your spirits and help you shake off a gloomy mood, Try aromatherapy. Your sense of smell may directly communicate with your brain and help regulate Give a friend or family member a hug. Hugs help release oxytocin and may help you to feel better.
- **HEALTHY BITES** Apple-Cheddar Ham and Egg Casserole
- 6 ounces dry bread, cut into small cubes
 1 cup chopped fennels bulb, fronds reserved
 6 ounces thinly sliced, cooked lower sodium ham, chopped
 6 oggs, lightly beaten 2 cups fat-free milk to take the pepper
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1 cup chopped apple

Servings: 8

- steps · Listen to music. Cheerful upbeat melodies may fill you Directions:



The purpose of this HR Bulletin is to inform you that in the event of a payout under