



Jan. 24, 2023

# DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"

## Subject: Profit Sharing Contribution Election Window for the PSP

The purpose of this HR Bulletin is to inform you that in the event of a payout under 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 who wish to contribute all or a portion of their Profit Sharing payout to the PSP must 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 taxable income with their regular wages; no amount from the payout will be contributed to the PSP.

A [communication](#) detailing the election window and instructions will be sent to eligible participants via email on January 24, or U.S. mail on January 25.

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

Questions related to the Profit Sharing payout, such as eligibility, tax implications, or payroll and benefit deductions should be directed to GMNA People Services at 1-800-584-2000.

Attention!

*Please refrain from using cell phones to update sensitive 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

The larger Bolt EUV has 247 miles of range, more passenger space, and hands-free Super Cruise driving.



## Chevrolet Bolt EV: Edmunds Top Rated Electric Car | Edmunds Top Rated Awards 2023

### Getting a Peek Behind GM's Design Curtain

Bottom line: the electric future will be here sooner than you think.



Jeff Zurschmeide, Executive Editor  
Jan. 20, 2023



## HERE ARE THE 2024 CHEVY SILVERADO EV EXTERIOR AND INTERIOR DIMENSIONS



Source: Trey Hawkins - [gmauthority.com](#)

January 2023

# DRIVING MY WELLNESS

Building a Healthy Life, One Step at a Time

## 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.

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

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



## 7 Ways To Boost Your Mood Naturally

- **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 may relieve tension and leave you feeling happy.
- **Try aromatherapy.** Your sense of smell may directly communicate with your brain and help regulate hormones.
- **Give a friend or family member a hug.** Hugs help release oxytocin and may help you to feel better.
- **Listen to music.** Cheerful upbeat melodies may fill you with new energy.
- **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.

**Life steps**  
BUILDING A HEALTHY LIFE  
ONE STEP AT A TIME

## HEALTHY BITES

### Apple-Cheddar Ham and Egg Casserole

Servings: 8  
Ingredients:

- 6 ounces dry bread, cut into small cubes
- 1 cup chopped fennel bulb, fronds reserved
- 6 ounces thinly sliced, cooked lower-sodium ham, chopped
- 1 cup shredded reduced-fat cheddar cheese (8 ounces)
- 1/2 cup thinly sliced green onions
- 6 eggs, lightly beaten
- 2 cups fat-free milk
- 1/2 teaspoon black pepper
- 1 sliced green onion (for topping)



### Directions:

- Step 1: Preheat oven to 325 degrees F. Grease an 8" x 8" baking dish. Spread half of the bread cubes in the dish. Reserve feathery green tops from fennel to use as a garnish. Trim, core, and chop fennel bulb. Sprinkle fennel evenly over bread cubes. Top with ham, apple, cheese, and 1/2 cup green onions. Top with the remaining bread cubes.
- Step 2: In a medium bowl, whisk together eggs, milk, and pepper. Pour evenly over bread mixture in dish. Press down lightly with a spatula so all the bread is moistened.
- Step 3: Bake, uncovered, for 50 to 60 minutes until the edges are be set, and the center appears runny. Let stand 10 minutes on the counter before serving to let center become set. Sprinkle top with additional sliced green onions and fennel fronds.

Recipe adapted from [Apple-Cheddar Ham and Egg Casserole Recipe | EatingWell](#). Accessed November 8, 2021.  
Image Source: Getty

## Union-Made Low Carb Diet Shopping Guide

**Labor 411**  
MAKING IT EASY TO SUPPORT GOOD JOBS  
LOS ANGELES | SAN FRANCISCO | WASHINGTON, D.C. | PHILADELPHIA | NEW YORK