

# HealthAhead Global resources to support employees



## Lifesum®

Is a healthy eating app, helping with your goals with diet plans, food tracking, & recipes – it's better health at your fingertips.



Go to HR Central > Work & Life > HealthAhead > Offers or go to [Lifesum](#)

## Grokker

Build healthy habits with 4000+ expert-led videos on Mental Health, Nutrition, Sleep, Physical activities and more.

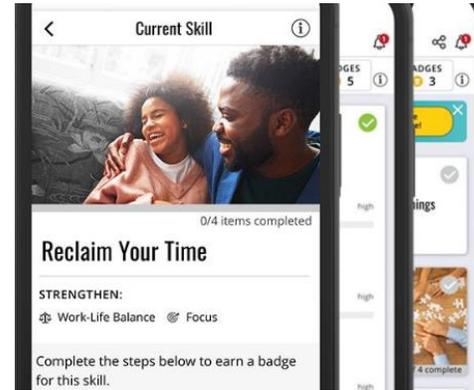


Go to [grokker.com/geaerospace](https://grokker.com/geaerospace) or scan the code.



## meQuilibrium

Is a program to help you build resilience, understand yourself better and build small habits to face each day with confidence.



Go to [go.mymeq.com/geaerospace](https://go.mymeq.com/geaerospace) or scan the code



## Employee Assistance Program (EAP)

Confidential service, to help employees and household members by providing counseling and referral services on topics such as...

Stress, burnout, anxiety, caregiving, family problems and more.



Available 24/7.



Global list of EAP providers and contact information by country  
[ge.box.com/v/globalEAPlist](https://ge.box.com/v/globalEAPlist).

HealthAhead Resources on Jetway > Quick Links > [HealthAhead](#)