

# My Well-being

FINANCIAL • PHYSICAL  
SOCIAL • EMOTIONAL

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May 2021

## Take charge of your well-being

In this issue, we're recognizing **Mental Health Awareness Month**. We want to end the stigma and highlight the many resources available to support your mental health. We're also reminding you of **ways to earn money** through maximizing retirement savings, completing the well-being incentive and logging your physical activity.

### FINANCIAL Well-being



#### Make sure you're maximizing your retirement savings

Don't leave money on the table! Make sure you're getting the maximum company match for the Northrop Grumman Savings Plan. [Learn more.](#)

### PHYSICAL Well-being



#### Your annual physical could earn you \$500

Complete the *Engage* health assessment and get an annual physical exam to receive \$500! If you can't see your doctor in-person, virtual check-ups are available. [Learn more.](#)

### SOCIAL Well-being



## Win a charitable grant for \$1,000 for your volunteer hours

Log your volunteer hours and you could win a drawing for a \$1,000 charitable grant or earn a \$400 Community Service Grant. [Learn more.](#)

## Track your activity and you could win money!

The *Engage* Trailblazers Team Challenge started May 3, but it's not too late to join and compete for a chance to win Visa gift cards. If you don't have a team, you can be matched with others who are looking for a team. [Learn more.](#)

## Celebrate Asian American and Pacific Islander Heritage Month

May is Asian American and Pacific Islander Heritage Month! Join our Asian Pacific Professional Network (APPN) ERG as they celebrate with numerous events throughout the month. [Learn more.](#)

### EMOTIONAL Well-being



## May is Mental Health Awareness Month

This Mental Health Awareness Month, take charge of your well-being and access available resources to you through NGCare and our ERG partners. [Learn more.](#)

## Access psychiatric support online

If you need support from a psychiatrist you can do so from the comfort and privacy of your own home through LiveHealth Online Psychiatry. [Learn more.](#)

## Which college is right for your student?

Leverage our partnership with Bright Horizons College Coach® to help narrow down a list of colleges for your college-bound student. Visit the portal to get started today and click on "Customized College List" in the left sidebar to begin your questionnaire. Visit: <https://passport.getintocollege.com>, click SIGN UP, and enter Employer Username: **Northgrum** and Password: **CARE4YOU** to create your account at no cost.

## Finding back-up care this summer

We partner with Bright Horizons to ensure you have back-up care when you need it most. Visit <https://clients.bright Horizons.com/northrop> and, if prompted when registering for Back-Up Care, enter Employer Username: **Northgrum** and Password: **CARE4YOU** to create your account.

**ENGAGE** in your Well-being



## Congratulations Q1 *Engage* Winners

Congratulations Q1 Winners for the *Engage* Rewards Center Drawings! Click [here](#) for a list of the *Engage* Rewards Center drawing winners. As a reminder, you can redeem points earned daily for completing healthy actions and well-being activities recorded in *Engage*. And if you haven't already, register for [Engage](#) and get started.

## Well-said: Employee testimonial

*"For our trip to Miami, I had already booked our hotel through booking.com and thought about Beneplace after the fact. So my curiosity got the best of me. I searched the same hotel for 4 days and 3 nights and got the rates in Beneplace for \$500 less than booking.com. Needless to say, I am super thrilled with a \$500 savings!"*

## My well-being webinars

Participate in upcoming well-being webinars designed to help you thrive financially, physically, socially and emotionally. [Click here](#) for a complete list of webinars and details on how to register.

For more information, visit [My Well-being](#) on the [Total Rewards Gateway](#).

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