

My Well-being

FINANCIAL • PHYSICAL • SOCIAL • EMOTIONAL



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July 2021

Take charge of your well-being

In this issue, learn how to set yourself up for retirement, get great discounts on travel and dining, find access to your full-service wellness needs and see who led our 542 million steps from the *Engage* Trailblazers Team Challenge.

FINANCIAL Well-being



How to set yourself up for retirement

If you're planning to retire in the next 5–10 years, there are some things you can do now to make sure you're on the right path. [Learn more.](#)

Find great deals and save money with Beneplace

Going on vacation? Looking for a new gym? Trying a new restaurant? Get access to hundreds of discounts toward travel, gym memberships, dining and more with Beneplace, Northrop Grumman's employee discount store. [Learn more.](#)

PHYSICAL Well-being



Get support from a team of health experts with Total Health, Total You

Get the care, advice and support you need from Anthem's Total Health, Total You. You'll get access to advice from nurses, pharmacists, social workers, dietitians and exercise physiologists. [Learn more.](#)

Enjoy the summer sun safely

This UV Safety Month, remember it's important to protect yourself from the sun. [Learn more.](#)

SOCIAL Well-being



Enhancing inclusivity

Join the VOICE employee resource group (ERG) for the upcoming VOICE Summit and be a part of our efforts to support people with disabilities and employees who are caregivers to family members in need. [Learn more.](#)

EMOTIONAL Well-being



Get confidential support with NGCare and ComPsych

NGCare is partnering with a new employee assistance program, ComPsych. Find out how you can get confidential guidance and support, from reaching your personal and professional goals to managing life's most difficult challenges. Information sessions will be held in July. [Learn more.](#)

Learning sessions for balancing work and life

Whether you're transitioning back to the office or looking for more balance between your work and life there are many tools to help you successfully manage life beyond the pandemic. [Learn more.](#)



542 MILLION steps walked in the *Engage Trailblazers Team Challenge*

Almost 3,000 employees walked more than 542 million steps this May during the Trailblazers Team Challenge as they competed for prizes, prioritized their health and built team comradery. See [who won](#) and share how the challenge impacted your physical and social well-being at MyWell-being@ngc.com. Be sure to redeem the points you've earned towards the Q3 Engage Rewards Center drawings by Sept. 30.

Well-said: Employee testimonial

"[The college coach we worked with] has an incredible knowledge and understanding of the college admissions process. We were overwhelmed thinking about the steps required to apply to college. Our counselor was able to simplify the areas of importance and address how we go about giving a child the best chance to get into a good school. She was also very kind and encouraging and focused on how an applicant can reach her potential based on her gifts and interests instead of simply trying to look the best on paper for schools. She also emphasized the importance of starting young and developing innate talents and interests. I feel like they provided a tool that could really help my family and that is of high importance. It was a very beneficial session and I think other colleagues who have children going through the same process could really benefit from an outsiders perspective who is really connected with college admissions."

- Natasha S. (Senior Principal Risk Manager, Linthicum, MD)

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 [Total Rewards Gateway](#).

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