

My Well-being

FINANCIAL • PHYSICAL • SOCIAL • EMOTIONAL



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January 2022

In this issue, look for ways to recharge your well-being and make healthy habits a way of life in 2022. Stick to your resolutions and get started on consistent wellness actions by staying motivated with daily fitness activities, protecting your financial interests, focusing on your mental health needs and connecting with others.

FINANCIAL Well-being



Take charge of your money

Take advantage of the free financial webinars Fidelity offers the third Wednesday of every month at noon and 3 p.m. ET. Topics include saving, investing, budgeting, debt-management, Social Security and more. Learn how to maximize your retirement savings in the [Jan. 19 webinar](#) and sign up for free one-on-one [consultation](#). [Learn more](#).

Protect against identity theft

Identity theft protection through NortonLifeLock™ is available at a discounted rate, and you can pay for coverage through payroll deductions. If you enrolled in NortonLifeLock during Annual Enrollment, don't forget to set up your account with NortonLifeLock and ensure your dependent data is complete. [Learn more](#).

PHYSICAL Well-being



Keep your New Year's resolutions

Find out how our well-being resources can help you with your 2022 goals. Whatever your focus—overall well-being, better fitness, weight loss, quitting tobacco—we have programs to support you. [Learn more](#).

Reduce your pharmacy costs

Don't forget to activate your Rx Savings Solutions account to explore how you can save money on prescriptions. Rx Savings Solutions is available to employees and their family members enrolled in an Anthem medical plan. [Attend](#) a Jan. 18 webinar at noon ET to learn how simple and effective this service is or [activate your account](#) now. [Learn more](#).

SOCIAL Well-being



Lead the way for our future leaders

Find out what types of virtual or in-person activities you can participate in to help build student interest in STEM during a [webinar](#) on Jan. 28. There are also many opportunities offered through Northrop Grumman to volunteer and give back to your community. [Learn more](#).

EMOTIONAL Well-being



Let your Employee Assistance Program give you a boost

NGCare's counseling, self-improvement tools and solutions for everyday issues can help you achieve your goals, at home and at work in the New Year. The services are free, confidential and available all day, every day to you, your family and your household members. [Learn more](#).

ENGAGE in your Well-being



Congratulations Feeling Grateful Challenge Winners

As we reflect on the Feeling Grateful Challenge and the many ways we expressed our gratefulness, we want to congratulate the winners of a \$50 gift card to the

charity of choice. Click [here](#) for a list of the drawing winners. Start earning points for the year and redeem points earned daily for completing healthy actions and well-being activities in *Engage*. And if you haven't already, register for [Engage](#) to get started.

Well-Said: Employee Testimonial

"The Engage well-being platform is very helpful! It keeps all your health related coverage and status in one convenient place. In addition, Engage makes it very easy to see helpful offerings like flu shot vouchers, well-being incentive status, and track your progress towards your health goals.

- Adam P. (Staff Engineer Systems, San Diego, CA)

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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