

# My Well-being

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**October 2021**

## Take Charge of Your Well-being

In this issue, access our 2022 Benefits Guide and explore benefits options with the Virtual My Well-being EXPO. Plus, plan for healthcare costs in retirement, and find information about where to get a flu shot and how to get involved in National Disability Employment Awareness Month.

### Choose *well* for 2022

Annual Enrollment is your opportunity to review and select the health and insurance benefits that best support your overall well-being. Everything you need to know about Annual Enrollment and the new programs and services available in 2022 is on the Total Rewards Gateway Annual Enrollment page. [Learn more.](#)

### Don't miss out: Visit the 2021 Virtual My Well-being EXPO

Get the scoop on all the well-being resources and benefits available to you by visiting the EXPO between Oct. 21 and Nov. 12. Explore the EXPO for a chance to win prizes. [Learn more.](#)

**FINANCIAL** Well-being



### Get a reality check on the true cost of healthcare in retirement

Whether you're retiring soon or years in the future, it's important to understand your potential healthcare costs in retirement. Join the "Prepare for the Reality of

Healthcare in Retirement” workshop on Oct. 20 at noon or 3:00 p.m. ET. [Learn more.](#)

## Maximize your 2021 HSA contributions

Make sure you’re set to reach your 2021 HSA savings goal. Contributions are capped at \$3,600 for individuals and \$7,200 for families, but you can add \$1,000 if you’re 55 or older. These contributions include any company contributions such as the Well-being Incentive. Visit [netbenefits.com/northropgrumman](https://netbenefits.com/northropgrumman) or call the Northrop Grumman Benefits Center at 800-894-4194 to check view your HSA balance or change your contribution amount.

**PHYSICAL** Well-being



## Beating breast cancer with advocacy and early detection

This Breast Cancer Awareness Month, we remember and celebrate the lives impacted by this devastating disease. Join us in raising money for a cure through [Making Strides Against Breast Cancer](#). And be sure you understand who should consider regular mammograms and how they can save a life. [Learn more.](#)

## Protect yourself – flu shot reminder

Protect your health and get a flu shot at no cost to you. For more information on the many ways you can get your flu shot, visit the [Total Rewards Gateway](#). Each eligible employee may use the CVS flu shot voucher from Sept. 1, 2021, to March 31, 2022.

**SOCIAL** Well-being



## The power of inclusion

Everyone deserves the opportunity to succeed at work, but some of us need certain accommodations to truly thrive. This National Disability Employment Awareness Month, join the company and our ERG The VOICE National Disability Employment Awareness to see how you and your team can be supportive of each other’s needs. [Learn more.](#)



## Check in with your mental health

Whether you're going through a challenge time now or simply want to give yourself some mental health care, there are resources for you and your family. [Learn more.](#)

## Get virtual tutoring and back-up care when you need

Our partnership with *Bright Horizons Back-Up Care*™ helps busy families with reliable child care when they need it most – and from now until Dec. 15 you can use back-up hours for virtual tutoring. [Learn more.](#)



## Well said: Employee testimonial

*"It's always a goal of mine to take steps towards a healthier lifestyle. The My Well-Being program and the Engage platform make the process fun and rewarding. It's a breeze to keep track of the daily hours I've been sleeping, connect Engage to my watch to track my steps, and keep track of my caloric intake. If that wasn't easy enough, I won a fun gift card to keep up the momentum!"*

- Nicoya J. (Principal Human Resources Business Partner, Baltimore, 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](#).