

# My Well-being

FINANCIAL • PHYSICAL • SOCIAL • EMOTIONAL



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## November 2021

In this issue, feel the power of gratitude and practice feeling grateful through the Feeling Grateful challenge on *Engage* for a chance to win a gift card for charity. Also find resources for diabetes prevention, getting your affairs in order and making your annual health and insurance benefits choices for 2022.

### Annual Enrollment Open through Nov. 12

Be sure to select your 2022 health and insurance benefits by Nov. 12. If you don't enroll during Annual Enrollment, you'll automatically keep your current plans, but your Health Savings Account (HSA) and Flexible Spending Account (FSA) elections will not carry over. More information is available on [Total Rewards Gateway](#).

### Virtual My Well-being EXPO: Attend live events on Nov. 2

Don't miss out on the [Virtual My Well-being EXPO](#) which you can access 24/7 through Nov. 12. Participate in live events on Tuesday, Nov. 2, including Fidelity's "Making the Most of Your Retirement Savings," a meal planning and prep demo, a group workout and more. Chat with our Benefits team members and vendors and continue to earn chances at prizes by participating. Check out the [EXPO](#) now.

## FINANCIAL Well-being



### Get your affairs in order

Learn how to preserve your savings for future generations through estate planning and choosing beneficiaries. [Learn more.](#)

## PHYSICAL Well-being



### Tackle type 1, type 2 and prediabetes

Over 122 million Americans live with type 1, type 2 or prediabetes. Understand your risks and learn how to manage these diseases this National Diabetes Month. [Learn more.](#)

### Reminder to get your flu shot

Now is the time to take advantage of the various ways you can get a flu shot at no cost through our My Well-being Program. [Learn more.](#)

## SOCIAL Well-being



### Win \$50 for Charity

Give thanks and give back this November. Join the [Engage “Feeling Grateful Challenge”](#) and earn a chance to win a gift card for charity, show your appreciation for your colleagues and explore ways to make our communities stronger. [Learn more.](#)

### Log your volunteer hours to qualify for a Community Service Grant

It's easy to earn [\\$400 for a qualifying nonprofit or school](#). Volunteer at least 40 hours within the year for a qualifying nonprofit organization or school of your choice. Log your volunteer hours in the [My Giving Portal](#).

## Celebrate Native American Heritage Month

Throughout November, learn about the history, culture and contributions of Native American citizens. Visit [National Native American Heritage Month](#) for stories and activities, and connect with our [NAC](#) ERG to join teams across the company in honoring these important contributions.

**EMOTIONAL** Well-being



### The Adoption Journey: Stories, Resources and Information

On Tuesday, Nov. 9 at noon ET, hear stories from employees who have grown their families through adoption and foster care and find resources and benefits to support your journey. [Learn more.](#)

### Working Caregivers Do It All

It's no coincidence that November is both National Gratitude and Caregivers Month – a time to recognize, honor and give thanks to caregivers and their loved ones. If you're a working caregiver, you have back-up care and virtual tutoring support through our partnership with [Bright Horizons](#)® Reserve these resources today by visiting <https://backup.brighthouse.com> - **Employer Username:** Northgrum | **Password:** CARE4YOU.

**ENGAGE** in your Well-being



### Need help improving your sleep quality?

Try **Power Down**, a new Healthy Habits feature on *Engage*. Set a reminder to transition to sleep with technology-free time. Research shows that unplugging at least 30 minutes before bedtime from the web, a video game, TV and other electronic devices can help the body fall asleep and sleep well. Earn 5 points daily and weekly until you reach your goal. Register for [Engage](#) to participate in this new Healthy Habit and receive healthy reminders, participate in a community chat, other challenges, and so much more!

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

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