

My Well-being

FINANCIAL • PHYSICAL • SOCIAL • EMOTIONAL



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February 2022

Take Charge of Your Well-being

In this issue, celebrate Black History Month, learn ways to improve your heart health, save for the future, access legal support and nurture your personal relationships.

FINANCIAL Well-being



Save for a Future You

Learn about the Northrop Grumman Savings Plan during Fidelity's "[Get Started and Save for a Future You](#)" webinar on Feb. 16 at noon or 3 p.m. ET. You can also check out tools like the [Take Home Pay Calculator](#) and [Traditional vs. Roth Retirement Savings Plan Modeler](#) on [Fidelity NetBenefits®](#) to help you evaluate your savings. [Learn more.](#)

Safeguard Your Assets with Legal Support

If you need legal support you have options through [Northrop Grumman's Group Legal Plan](#). You can also get legal and financial solutions from [NGCare](#). [Learn more.](#)

PHYSICAL Well-being



Getting to the Heart of Your Well-being

Heart health is vital for everyone. Learn how to take healthy steps to make smart, preventative choices for your heart. [Learn more.](#)

Access Free At-Home COVID Tests

Get free at-home COVID tests through the federal government website [COVIDtests.gov](https://www.covidtests.gov) and your Northrop Grumman health insurance. [Learn more.](#)

SOCIAL Well-being



Celebrate Black History Month

Join us in celebrating Black History Month by visiting our [heritage page](#). See all the ways you can honor the contributions of African Americans and discover the resources available to help us achieve social justice through education and understanding.

Think Small Acts and Achieve Big Results

If a kind smile or polite recognition has ever changed the direction of your day then you'll want to check out our Small Acts of Inclusion program. [Learn More.](#)

EMOTIONAL Well-being



Support for School Age Children

Whether you're experiencing inclement weather, planned breaks or unexpected school and care closings, your [Bright Horizons](#) Back-up Care program just became more flexible. Virtual tutoring has been extended and virtual camps have been added. [Learn more.](#)

Building Blocks for Successful Relationships

Successful relationships require care and attention. Learn how to build and maintain your connections by visiting [GuidanceResources® Online – Marriage & Relationships](#). [Learn more](#).

ENGAGE in your Well-being



Kick Start Your Well-being Goals

It's a new year and many of us are prioritizing our health. Get help with healthy behaviors by defining and tracking your goals in [Engage](#). Just go to "Your Health Summary" and choose "Your Health Goals."

Congratulations Q4 Engage Winners

Congratulations Q4 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*.

Well Said: Employee Testimonial

"I have found that the Well-being Newsletter is a wonderful resource and is extremely informative and provides meaningful guidance to myself and staff members to have confidence and hope to be encouraged that our company does have a strong support system to meet the needs of those who require the assistance."

- Carolyn E. (Administrative Assistant, Dulles, VA)

We want to hear from you! Share your experience with our well-being resources (e.g., WW, NGCare, Fidelity, ERGs etc.) to mywell-being@ngc.com to be featured in an upcoming newsletter.

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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