

# My Well-being

FINANCIAL • PHYSICAL • SOCIAL • EMOTIONAL



[HOME](#)

[PAST EDITIONS](#)

[SUBMIT ITEM](#)

[WEBINARS](#)

[ENGAGE](#)

**March 2022**

## Take Charge of Your Well-being

In this issue, spring into healthy habits like eating well and getting good sleep, showing appreciation to others and cleaning up your finances.

**FINANCIAL** Well-being



### Get More from Your Money

If you want to step up your investment game but don't know where to start, join Fidelity's [Organize, Plan and Own Your Future](#) workshop on March 16 at 12 or 3 p.m. ET. [Learn more.](#)

### Women Talk Money

Thanks to generations of women striving for economic empowerment, women control more than half of personal wealth in the U.S. This Women's History Month, join Fidelity for a series of virtual events that will bring together special guests and a community of women to talk about money and what it means to "Invest Like a Woman". [Learn more.](#)

## PHYSICAL Well-being



### Get Rewarded for Making Healthy Choices

Earn \$500 for yourself and \$500 for your covered spouse or partner through our Well-being Incentive Program. To start, take the Health Assessment on [Engage](#). [Learn more](#).

### Eat Well for your Well-being

You already know that eating well can help manage your weight or a chronic illness, but did you know you have support building these healthy habits? Kickstart a new routine this Nutrition Month by eating well for your well-being. [Learn more](#).

## SOCIAL Well-being



### Support the Northrop Grumman SleevesUp Campaign

The American Red Cross is facing a national blood [crisis](#) – its worst blood shortage in over a decade. Help us reach our goal of 1,000 employees [pledging](#) to donate blood. Plus, tell us why you are inspired to donate; [reach out](#) to share your story.

### Volunteer to be a Well-being Champion

Do you have a passion for your well-being and the well-being of others? Volunteer to be part of the expanding Well-being Champions network and support Northrop Grumman's goal to promote physical, financial, emotional and social wellness. As a Well-being Champion, you'll be part of a team helping to build awareness and engagement in the company's My Well-being Program. [Learn more](#).

## EMOTIONAL Well-being



### Don't Lose Sleep Over Springing Forward

Daylight Savings begins on March 13, and it's also the start of Sleep Awareness Week. Catch more zzz's and get the rest you need. [Learn more](#).

## Recognize and Reward your Colleagues

Make someone's day by taking a moment to acknowledge their good work by sending them a special [BRAVO to our Stars](#) National Employee Appreciation Day e-card. A little recognition goes a long way to creating a positive environment for everyone.

**ENGAGE** in your Well-being



### Well Said: Employee Testimonial

*“Faced with COVID surges, I wanted to be a champion for well-being and partnered with EH&S to take proactive steps to promote the health and well-being of our employees. The bone health program was offered as a lunch and learn with the Woodland Hills campus Gen2Gen ERG. It engaged employees on wellness and advocated ways to keep their bones and bodies healthy during these trying times.”*

- P. Cheeney, RN (Nurse, Woodland Hills, CA)

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](mailto: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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