

April 2022

Take charge of your well-being

In this issue, take control of your student loan debt, invest well in your health and sign up for the Mission Possible Activity Challenge to win prizes.

FINANCIAL Well-being



Turn Your Savings into Retirement Income

Set yourself up for success in retirement using Fidelity's resources, including a workshop on April 20 about how you can use your savings as income in retirement. [Learn more.](#)

Know Your Student Loan Debt Options

You don't have to tackle your student loan debt alone. We partner with several providers that can help you refinance and get out of debt sooner. [Learn more.](#)

PHYSICAL Well-being



Pay Less for Quality Health Care

When it comes to health care costs, you have options. Take advantage of our benefits like telemedicine, prescription savings and cost comparison tools. [Learn more.](#)

Stay Healthy with Preventative Care

Your annual physical can help you avoid chronic diseases like diabetes and high blood pressure. Make sure you and your family take advantage of covered [preventative care screenings](#) – it'll protect your health and can earn you and your covered spouse or partner \$500 through our [Well-being Incentive Program](#).

SOCIAL Well-being



Invest in the Earth

Ever wonder how technology is helping conservation or the best tips for urban farming? Our employee-led greenNG has all the answers during a week of programming to celebrate Earth Day. [Learn more](#).

Nominate Volunteers for a \$10,000 Charitable Grant

Nominations are open for inspiring individuals, teams or ERGs who embody a commitment to volunteerism. The Difference Maker Awards gives out \$10,000 charitable grants to three winners and \$5,000 grants to six runners-up. [Learn more](#).

EMOTIONAL Well-being



Mind Over Money

It's one thing to make a budget but quite another to stick to it. See how NGCare's ComPsych's Financial Wellness Digital Toolkit can help you follow through on your good financial intentions. [Learn more](#).

Support for Your Family

This Autism Acceptance Month is a reminder that all families have different needs. See how your family can get support through NGCare, Bright Horizons and ComPsych. [Learn more](#).

ENGAGE in your Well-being



Join the Engage Mission Possible Activity Challenge

Define what's possible in your active life and join this year's Mission Possible Activity Challenge with a team of your coworkers. Winners will get Visa gift cards – and lots of bragging rights. [Learn more](#).

Well-said: Employee testimonial

“The Fidelity Representative did a fabulous job helping guide me through my retirement planning and investment choices. Very thorough, knowledgeable, and knew the right questions to ask. I have had the pleasure of working with several other good and helpful Fidelity advisors in the past. Thank you for providing this service!”

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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