

June 2022

## Take charge of your well-being

In this issue, get set for summer with safety tips and back-up care options, celebrate Pride Month and learn how taking micro-breaks can help you avoid work burnout.

### FINANCIAL Well-being



#### Finding the Right Savings Strategies for You

We partner with Fidelity to offer free financial webinars that are tailored to your needs. In honor of Juneteenth and Pride Month, there will be webinars on securing a stronger financial future and using HSA accounts for your family's needs. [Learn more.](#)

### PHYSICAL Well-being



#### Set Healthy Goals and Track Your Progress

Use our personalized healthcare assistant, *Engage*, to assess your health and set achievable goals for your well-being. [Learn more.](#)

#### Summer Safety Tips

Summer means long, sunny days and more time outside. Make sure you're staying safe while you enjoy the outdoors. [Learn more.](#)

## **SOCIAL** Well-being



### **Take Pride in Yourself**

We're celebrating Pride Month by telling employees' stories and coming together through employee-led events. [Learn more.](#)

### **Understand How Inclusion Impacts Your Well-being**

We partner with Blue Ocean Brain to share micro-learning adventures that will elevate your connection with our community and strengthen our diversity, equity and inclusion. [Learn more.](#)

## **EMOTIONAL** Well-being



### **Take a (Micro) Break**

Just a few moments of relaxation each day can calm your mind, ease your tension and keep burnout at bay. Join our weekly 10-minute mindfulness micro-breaks on Tuesdays and Wednesdays. [Learn more.](#)

### **School's Out for Summer**

Don't stress about finding activities for your child this summer break. Check out virtual camps, virtual tutoring and back-up care that's available through our partner Bright Horizons. [Learn more.](#)

## **ENGAGE** in your Well-being



### **You did it! Redeem Points for Rewards**

Congratulations to everyone who has earned [Engage](#) Rewards Center points this quarter for completing healthy actions and well-being activities. As a reminder, you

can redeem points in Engage through June 30, 2022 for a chance to win gift cards and other rewards.

## **Well-said: Employee testimonial**

*“One of the reasons I love working for Northrop Grumman is because they take health and well-being seriously. Ensuring our employees have the knowledge and tools to foster their well-being is a gateway to increased employee morale. It feels good to work for a company that cares. NGCare has been key in terms of providing the resources necessary to assist me in my own personal journey. The mindfulness and meditation webinars gave me great tips on taking breaks with breathing exercises throughout my days. I chose to be a well-being champion for our Orlando site to encourage our employees to prioritize themselves and to remind them that together, we can do this.”*

*Sunita S. (Orlando, Principal Engineer Systems)*

## **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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