

October 2022

Take Charge of Your Well-being

In this issue, participate in unique and limited-time pilot programs, support National Mental Health Screening and Breast Cancer Awareness Month, and invest in yourself now for a successful retirement. Beginning October 20, Strive to Thrive in 2023 by choosing your benefits during Annual Enrollment.

FINANCIAL Well-being



The Reality of Healthcare in Retirement

Healthcare continues to be one of the largest expenses in retirement. Attend Fidelity's retirement workshop to help you to understand the costs and how you can prepare for them. [Learn more.](#)

Fidelity's Women Talk Money October Series

Join Fidelity Investments special October event series, **Invest in You: Reframe and Reenergize Your Finances**. This 4-week virtual series will show how a strong financial foundation can help improve your overall Well-being. [Learn more.](#)

PHYSICAL Well-being



Change Your Relationship with Food: Second Nature Pilot Program

Second Nature exists to change minds about losing weight. The app uses behavioral science to retrain your mind to make healthy choices automatically. By joining this free pilot, you will be paired with a qualified coach who provides personalized advice and support while you build new, healthier habits. Only 50 spots available. [Learn more](#).

Annual Enrollment and My Well-being EXPO October 20 – November 11, 2022

Annual Enrollment is your opportunity to make changes to your benefits for 2023. Visit the My Well-being EXPO and Total Rewards Gateway throughout Open Enrollment to learn about the full suite of well-being programs available to you, so you can make informed decisions on your coverage. Chat with vendors, benefits team members, and earn a chance at prizes. There are three ways to attend:

- Live In-Person Events *at some locations*
- 24/7 Virtual Experience
- On Demand Webinars

Keep an eye out for a home mailer and more information soon.

SOCIAL Well-being



Donate to a Cause

October has many opportunities to support meaningful causes including National Depression and Mental Health Screening Month and Breast Cancer Awareness Month. Help improve the lives of those affected by mental illness and depression by [donating](#) to the Headstrong Project and National Alliance on Mental Illness (NAMI). Consider also [contributing](#) to Making Strides, largest network of breast cancer events in the nation, to help fund breakthrough research, lifesaving screenings, and 24/7

patient support. All donations made to support mental health and breast cancer will be matched. [Learn more](#).

Psychological Safety – Communicating for Understanding

Brought to you by Blue Ocean Brain, the [Communicating for Understanding](#) learning module provides you with valuable insight into recognizing the humanity within your peers, the art of anticipating next moves, and replacing blame with curiosity.

EMOTIONAL Well-being



Participate in a Pilot Program That Supports Your Family

Brightline provides behavioral healthcare for kids and teens (3-17 years old), and support for parents and caregivers like you - delivered virtually, so you can get support when and where you need it! When you join the pilot program with Brightline, you'll receive support for the challenges that many struggle with daily. Whether it's school pressure, stress, anxious thoughts, cyberbullying, tough behavior, self-esteem issues, sleep problems. Only 250 spots available. [Learn more](#).

National Depression and Mental Health Screening Month

This month is an opportunity to raise awareness of mental health and depression and to mobilize efforts to support mental health worldwide. See what tools and resources are available including for World Mental Health Day on October 10. [Learn more](#).

ENGAGE in your Well-being



Well-said: Employee testimonial

" I really enjoyed the Well-being EXPO. I liked how easy it was to navigate through each icon and how straight forward the event was overall. The Alex tool was very helpful because it created a very active way for me to find the best dental plan for my specific situation."

— Alexis W. Remote, Associate Pathways Engineer

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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