

[HOME](#)[PAST EDITIONS](#)[SUBMIT ITEM](#)[WEBINARS](#)[ENGAGE](#)

November 2022

In this issue, make selections for your 2023 benefits coverage, create a savings plan for future generations, and show gratitude this month as we recognize our veterans, caregivers, and colleagues.

Take Charge of Your Well-being

Annual Enrollment and My Well-being EXPO Close Next Week

Time is running out! Select your 2023 benefits before Nov. 11, 2022. Learn about our well-being resources and benefits and earn a chance to win prizes at the [My Well-being EXPO](#), which runs during Annual Enrollment. More information is available on [Total Rewards Gateway](#).

FINANCIAL Well-being



Do You Have an Estate Plan?

Getting your affairs in order can be difficult, but it is an important part of preparing for the future, for you and your loved ones. Fidelity's upcoming webinar, **Preserving Your Savings for Future Generations**, will cover a variety of topics related to estate planning. The webinar will take place on Nov. 16 at noon and 3 p.m. ET. [Learn more.](#)

Student Loan Relief

Student loans can be burdensome towards achieving financial independence. Visit Northrop Grumman's [Student Loan Resources Page](#) for more information on personalized counseling and refinancing. [Learn more.](#)

PHYSICAL Well-being



Diabetes Awareness Month

This November let's come together to bring attention to a chronic health condition that impacts millions of people worldwide – Diabetes. Northrop Grumman provides resources and benefits that can help you prevent or manage diabetes including weight management, coaching, and supplies. [Learn more.](#)

Make Gratitude a Habit

It's a great time of year to practice gratitude to uplift your mindset and experience more positive emotions. Visit Engage to join the **Feeling Grateful Healthy Habits 7-Day Challenge** to reflect on what you're grateful for daily, week by week, until you reach your goal. You can also show gratitude towards your colleagues for their partnership by sending a [BRAVO to Our Stars](#) eRecognition through [Engage](#). [Learn more.](#)

SOCIAL Well-being



Honoring Our Veterans

To our brave veterans, we thank you for your sacrifice, strength and service to our country and we remember those who have paid the ultimate price. We are proud to spotlight [VERITAS](#), our employee resource group that supports veterans and their allies. All employees are invited to join the 2022 VERITAS Virtual Leadership Summit on [Nov. 7](#) and [Nov. 8](#). [Learn more.](#)

Achievement Conference Nominations are Open!

Each year, Northrop Grumman sponsors eight diversity achievement conferences. These conferences represent our diverse workforce and are typically engineering-related. There are several award categories within each conference. See what nominations are [open](#) and nominate an employee.

EMOTIONAL Well-being



November is National Caregivers Month

Recognize, honor, and thank caregivers and their loved ones this month. Are you caring for someone? Your NGCare ComPsych benefits can help you in your role as a working caregiver. [Learn more.](#)

Child Care Solutions Available Through Bright Horizons

Bright Horizons can help you find backup childcare quickly and conveniently on days your regular care plans fall through. Options for consideration include a high-quality childcare center or school-age programs available in your area. Bright Horizons can also coordinate care for your family – child, adult, or elder loved one – in the convenience of your home. [Learn more.](#)

ENGAGE in your Well-being



Congratulations Q3 Engage Rewards Winners

Congratulations Q3 [winners](#) for the Engage Rewards Center Drawings! As a reminder, you can redeem points for your healthy behaviors in [Engage](#).

Well-said: Employee testimonial

“My Fidelity advisor, Bianka, did a great job presenting at the Wealth Webinar Wednesday session. She answered my questions clearly and gave personal examples in a friendly and helpful way that made her both believable and trustworthy. I appreciated that she came across as genuine and sincere.”

— Anonymous

My Well-being webinars

Participate in upcoming well-being webinars designed to help you thrive financially, physically, socially and emotionally. [View](#) 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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