

## December 2022

In this issue, consider increasing your contributions to the Northrop Grumman Savings Plan and be sure to prioritize health and wellness while traveling, shopping and spending time alone or with loved ones this holiday season.

### FINANCIAL Well-being



#### Wealth Webinar Wednesday

Investing is an important strategy to achieve financial security. Learn how to build a long-term investment plan at Fidelity's [Invest Confidently in Your Future](#) webinar on Dec. 14 at noon and 3 p.m. ET. [Learn more.](#)

#### 2023 Increase in Retirement Limits

Part of planning for retirement includes contributing to the Northrop Grumman Savings Plan (NGSP). With the new year approaching, consider increasing your contributions for 2023. [Learn more.](#)

### PHYSICAL Well-being



## Stay Healthy While Traveling

With Kaiser Permanente, you can receive quality care while away from home. Whether visiting an urgent care or accessing telemedicine services, it's now more convenient to receive the care you need. [Learn more.](#)

## The Gift of Health

Are you worried about your nutritional and physical health during the holidays? Implementing small, healthy habits can make a big impact. [Learn more.](#)

**SOCIAL** Well-being



## Sponsor Holiday Wreaths in Honor of Fallen Veterans

Help us reach our goal of donating 7,000 wreaths to be placed on Veterans' graves. Donations made after Dec. 1 will be placed in 2023 but still count towards our goal and will be matched by the company. [Learn more.](#)

## Safe Toys and Gifts Month

According to the [American Academy of Ophthalmology](#), roughly 1 in 10 children's eye injuries that end up in the ER are caused by toys and are preventable. As you shop, whether it be for the little ones in your life or for items you plan to [donate](#), review this [holiday gift and toy safety checklist](#) or [toys to avoid](#) for an injury free holiday season.

**EMOTIONAL** Well-being



## Tis the Season for Less Stress and More Mindfulness

Take time to focus, energize and de-stress with a weekly 10-minute mindfulness session. Looking for more support? [Register](#) for myStrength, a digital self-care platform available through NGCare ComPsych, offers 24/7 support, including interactive behavioral health programs, tools and resources. [Learn more.](#)

## Navigating the Holidays Alone?

For some, the holidays can be a difficult time of year. There are several tips that can help you cope with feelings of loneliness so you can make the most of this holiday season. [Learn more.](#)

**ENGAGE** in your Well-being



## You Did It! Redeem Points for Rewards

Congratulations to all employees who earned *Engage* rewards center points this quarter! Log in to [Engage](#) by Dec. 31, 2022 to check your point balance and redeem your accumulated points for drawings. Points earned in 2022 will not rollover to 2023. If you haven't already, register for *Engage* to receive personalized information and earn reward points for tracking healthy habits.

## Well-said: Employee Testimonial

*“Sword Health could not be easier to use to relieve joint pain. They have made the process of doing virtual physical therapy simple to setup and even easier to do in the comfort of your own home.”*

— Kasey E. (Director Operations Program Engineering, Linthicum, MD)

## 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 with details on how to register.

For more information, visit [My Well-being](#) on [Total Rewards Gateway](#).