

January 2023

In this issue, discover tips and tricks for reaching your financial goals, earn \$500 for receiving an annual physical, become an ally in the workplace and join us in practicing mindfulness with new weekly Mondays in Motion sessions.

FINANCIAL Well-being



January is Financial Wellness Month

Join Fidelity in celebrating [Financial Wellness Month](#) by exploring resources that can help you create a healthier financial lifestyle. You can complete a [financial wellness checklist](#), attend the upcoming [Wealth Webinar Wednesday](#) on Jan. 18 at noon and 3 p.m. ET or bring your own questions to an [Ask Fidelity](#) session on Jan. 20 at noon ET. [Learn more](#).

Financial Tips from Northrop Grumman Federal Credit Union

A new year is the perfect time to improve your financial wellness. Northrop Grumman Federal Credit Union has compiled [eight tips](#) to help improve your overall financial health and relationship with money.

PHYSICAL Well-being



New Health Coaching Program

Vida, a free benefit available to Anthem members, helps create a healthier lifestyle with a personalized, virtual coaching experience. From nutrition and weight loss to managing mental health, diabetes, blood pressure and cholesterol levels – you can receive tailored guidance to achieve your wellness goals. [Learn more](#).

Your Annual Physical Could Earn You \$500

Take intentional steps to prioritize your health and get rewarded! You and your covered spouse or domestic partner may each earn \$500 for participating in the Well-being Incentive Program. [Learn more.](#)

SOCIAL Well-being



Watch: Out and Equal Workshop on Intersectional Allyship in the Workplace

In case you missed the event, watch the [video](#) of the Out and Equal Workshop on Intersectional Allyship in the Workplace. Check out the [LGBTQ+ page](#) events and webinars section throughout the year for new videos and resources.

Webinar: Learn How to Excite Students About Engineering

This webinar will cover ways you can volunteer during Engineers Week and engage students in STEM activities. The webinar will take place Jan. 18 at noon ET and will be presented by our nonprofit partner, DiscoverE. Register [here](#).

EMOTIONAL Well-being



New! Mondays in Motion

Beginning Jan. 9, [NGCare](#) will offer Mondays in Motion, a weekly, 10-minute guided stretch break to help boost your mood and promote relaxation. Take advantage of other NGCare [resources](#) that can improve your emotional well-being, including confidential counseling, [work/life solutions](#) and [interactive behavioral health tools](#). [Learn more.](#)

Reliable Family Support

Bright Horizons offers reliable solutions for working families. Whether you experience a care gap during breaks, school closures or throughout the year, Bright Horizons can provide you with on-site childcare, back-up care or virtual programming. [Learn more.](#)

ENGAGE in your Well-being



Well-said: Employee testimonial

"I spoke with a representative from Vida who encouraged me to try the program. After downloading the app and answering a few questions, I was shown a filtered list

of dietitians and their bios, making it easier to choose. I was able to book an appointment for the following evening. The first “getting to know you” session with Alfredo felt like a relaxed conversation with no pressure. He mentioned that, in addition to our one-on-one sessions, he could answer questions through the app chat feature, and I would get responses within one business day. This service differs from anything I’ve ever tried, and I look forward to seeing how it will benefit my health.”

- 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 with details on how to register.

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

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