

February 2023

Celebrate monthly observances including Black History Month, Heart Health Month and International Self-Esteem Month and be on the lookout for new retirement planning resources.

FINANCIAL Well-being



Coming Soon! New Retirement Planning Resources

Whether you're early in your career or considering retirement, planning is critical. Jeff Schmidt, Vice President of Total Rewards, explains how new retirement resources (available soon on the Total Rewards Gateway) can help you achieve financial well-being – and why you should care about retirement *now*. [Learn more](#).

Financial Webinars Featured in February

[Join Fidelity](#) and Tiffany “The Budgetnista” Aliche for an exclusive Black History Month webinar on Feb. 16 at 2 p.m. ET to learn how to manage money, deal with debt and create a financial legacy. You can also register to attend the [Wealth Webinar Wednesday](#) on Feb. 15 at noon and 3 p.m. ET to find out how you can make the most of your NGC retirement plan. [Learn more](#).

PHYSICAL Well-being



Protect Your Heart

Embrace Heart Health Month by making small routine changes to reduce your risk of heart disease, such as maintaining a healthy weight and receiving an annual physical with your primary care physician. Learn more about ways to protect your heart by attending [Vida's webinar](#) on Feb. 15 at noon ET. [Learn more.](#)

Engage in Healthy Habits

Stay on top of healthy habits by tracking your goals and activities in [Engage](#). Start earning points today by syncing an athletic device or manually logging your activity. [Learn more.](#)

SOCIAL Well-being



Celebrate Black History Month

Every February, we celebrate and reflect on the achievements and history of African Americans. To learn more about the significance of Black History Month and how to show your support, visit our [heritage page](#).

Small Acts Lead to Big Impacts

Has a small gesture ever changed the course of your day? Check out this [list](#) of small actions that can make a big difference. [Learn more.](#)

EMOTIONAL Well-being



Boost Your Self-Esteem

International Self-Esteem Month is a time to appreciate the personal value, abilities and overall respect we have for ourselves. Take time this month to celebrate your most important investment – you. [Learn more.](#)

Support for Healthy Relationships

When combining your life with another person, maintaining a sense of self can be challenging. NGCare is here to help you strengthen your relationships and move through trials. [Learn more.](#)

ENGAGE in your Well-being



Congratulations [Q4 Engage rewards center winners](#)! As a reminder, you can earn and redeem points for recording healthy actions and well-being activities in [Engage](#).

Well-said: Employee Testimonial

“Every topic presented in the recent Mindfulness Self-care and Wellness event was incredibly resourceful. The host, Janis, mentioned all the various ways to practice mindfulness, its potential benefits, and even held a meditation session at the end! I loved every second and it only takes a small portion out of your day to attend these sessions and to learn from them, so that you too, can continue the practice at your own leisure. I highly suggest anyone join, I know that I will be in the next one!”

— Jiwan C. (Associate Pathways Systems Engineer, Falls Church, VA)

My Well-being Webinars

Participate in upcoming well-being webinars designed to help you thrive financially, physically, socially and emotionally. [View](#) the company webinar calendar for a full list of webinars and details on how to register.

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

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