

My Well-being

FINANCIAL • PHYSICAL
SOCIAL • EMOTIONAL

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April 2023

In this issue, celebrate Earth Day, save on everyday items using Beneplace and break through stress with NGCare. Also, discover the health and well-being programs that earned Northrop Grumman gold-level recognition from the American Heart Association.

FINANCIAL Well-being



Investing is for Everyone

Whether you're an investing pro or need some help learning the ropes, Fidelity can help. Learn the basics with [Investing for Beginners](#) on April 19 at noon or 3 p.m. ET and bring questions to an [Ask Fidelity Q&A session](#) on April 21 at noon ET. Don't forget that you can schedule a [one-on-one consultation](#) for personalized financial guidance. [Learn more.](#)

Taxes Due on April 18

Help expedite your tax return using Northrop Grumman's resources and discounted programs. [Learn more.](#)

PHYSICAL Well-being



Creating a Culture of Health and Well-being

Northrop Grumman is proud to be recognized by the American Heart Association for our commitment to employee health and well-being. [Learn more](#) about the offerings that contributed to this gold-level recognition and check out new benefits added in 2023.

Save with Well-being Discounts

Enjoy savings while investing in your health and well-being with exclusive discounts on products and services. [Learn more](#).

SOCIAL Well-being



Calling All Volunteers! Earn a Charitable Grant for Your Favorite Nonprofit or School

Whether you volunteer a little or a lot, entering your volunteer hours in the [My Giving](#) portal can pay off. Log just one volunteer hour and you will automatically be entered in a [quarterly drawing](#) for a \$1,000 charitable grant. Once you have logged 40 hours, you may also qualify for a \$500 [Community Service Grant](#).

A Clean Earth is a Healthy World

[Earth Day](#) is April 22 and acts as a reminder to nurture nature not only on this day, but every day. Make a difference through your [individual actions](#) or by participating in activities sponsored by our employee resource group, [greeNG](#).

EMOTIONAL Well-being



Feeling Stressed?

[NGCare](#) offers *free* resources such as counseling support, mindfulness sessions, stretch breaks, digital tools and more to help you or your family members cope with stress. [Learn more](#).

Resources for Special Needs Parenting

As we acknowledge Autism Awareness Month, we recognize that each person can reach their full potential through support and intervention. Support your child's unique journey with the [Bright Horizons Special Needs Program](#). [Learn more](#).

ENGAGE in your Well-being



Well-said: Employee Testimonial

"Last year, I used Consumer Medical services (at no cost) for support as I needed a total knee replacement. I was overwhelmed with finding the best surgeon, learning what was involved, and what I might need for recovery. A fantastic representative provided recommendations and resources to review for the surgery. After my appointment with the surgeon, the Consumer Medical representative called me to see

how it went. They had excellent follow-through and after the case was closed, I received a \$400 Visa gift card that I could use however I needed it!"

— Kurby H. (Strategic Partnerships and Achievement Conferences Manager, 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 with details on how to register.

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

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