

**December 2023** 

## **Unwrapping the Holidays**

Five ways to keep the holidays happy and healthy. »



The Gift of Good Health

Staying healthy is easier than ever with these Northrop Grumman programs. »



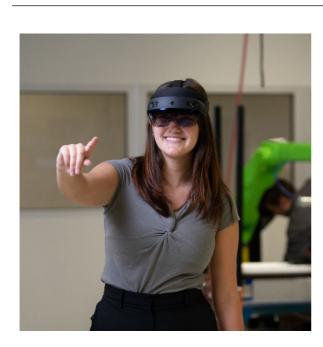
Navigating the Festive Wallet

How to set a holiday budget and stick to it while still giving to those around you. »



Friendship is Ageless

An employee shares her perspective on making memories and nourishing relationships. <u>»</u>



WEBINAR SPOTLIGHT

Dec. 13 • Noon and 3 p.m. ET

Setting Goals and Habits that Stick

Register Now »

Full list of webinars to support your financial, physical, social and emotional well-being <u>»</u>

## **Special** Announcements



As the year ends, don't forget to celebrate all you and your colleagues have accomplished. Show your gratitude with a **BRAVO to our Stars eCard**!

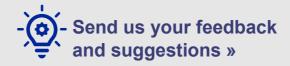


Check your mailbox! Based on Annual Enrollment elections, you may receive health-related items by Dec. 31, including a new ID card for Anthem medical plan participants or a smart debit card for Flexible Spending Account users.

## **DID YOU KNOW?**

Your personalized Total Rewards Statement shows the complete value of your overall compensation and benefits package from Northrop Grumman.

Access it at any time through the **Total Rewards Gateway**.



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Stay Healthy, Live Well and Thrive at Northrop Grumman