



March 2024

# A Health Program Tailored to Meet Your Needs

Learn how Vida Health can help you set goals, track progress and create healthy habits that last.

Read Now >>



### Protect Your Internal Clock

The importance of sleep for your total well-being and adjusting to daylight saving time.

Read Now >>



## Blood Donation from a Trypanophobiac

A first-hand account of participating in a blood donation event sponsored by Northrop Grumman.

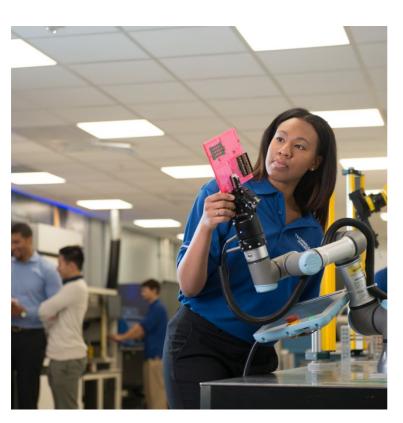
Read Now >>



### Recognition is Year-Round

See how we're celebrating our employees with appreciation events and recognition opportunities.

Read Now >>



#### **WEBINAR SPOTLIGHT**

March 20 • Noon and 3 p.m. ET Fundamentals of Retirement Income Planning

Register Now >>

March 28 • Noon ET

The Science of Happiness

Register Now >>

View full list of Total Rewards webinars to support your well-being.

#### **Special** Announcements



Tax Day is April 15. If you're enrolled in the MetLife Legal Advantage plan, **login** to your account to access TurboTax for free.

#### **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