

# Benefits & You

Your Life • Your Health • Your Well-being

**NORTHROP GRUMMAN**



AUGUST 2019 ISSUE

Staying healthy and fit at work isn't as difficult and time-consuming as you may think. There are simple steps you can take every day to be well, emotionally and physically. When you follow these steps, you'll enjoy less stress, more happiness and greater protection from developing certain illnesses. Read this newsletter to learn more.

## Healthy Habits at Work

Learn [nine healthy habits](#) that can boost your overall wellbeing in the workplace:

- 1 EXERCISE.** Help manage stress by exercising every day. Start small and build up. And, find an exercise that you enjoy.
- 2 EAT WELL.** Be mindful of what you eat. Plan and make meals in advance, and bring healthy snacks to work. Not only will you feel better, but you'll also save money.
- 3 DRINK WATER.** Always have a non-disposable water bottle on your desk and keep it filled up so you can sip on it throughout the day to stay hydrated. Generally, health experts recommend drinking about 2 liters of water per day.
- 4 GET FRESH AIR.** If you work indoors, do your best to get outside and breathe in some fresh air each day. Better yet, take a brisk walk outside the building to get your heart rate and circulation going.
- 5 SLEEP WELL.** A good sleep routine will help you feel and stay healthy. Many experts say that between 6 and 8 hours of sleep per night is ideal.
- 6 PRACTICE GOOD HABITS AT WORK.** Get up out of your chair and take stretch breaks throughout the day. When you're sitting at your desk, be aware of your posture, and rest your eyes from time to time.
- 7 KEEP A GOOD WORK-LIFE BALANCE.** Prioritize your time. Cut out unnecessary obligations. Make time for hobbies, fun activities and relationships outside of work. Also, make time for yourself. Doing so will improve your physical, emotional and mental health.
- 8 CREATE A PLEASANT WORK ENVIRONMENT.** Keep your workspace clean and tidy. Add a personal touch (e.g., put a beautiful plant on your desk or a favorite family photo). When you work in a pleasant environment, you'll feel more positive and motivated.
- 9 ENJOY YOUR WORK.** If you're having difficulties at work, think of ways to make things better. When you don't enjoy your work, over time, your wellbeing can be negatively affected.

## Get Smarter About Your Finances!

Looking to expand your financial skills? Join Fidelity for an online educational workshop.

- Learn about a variety of topics, including college planning, budgeting and retirement.
- Events are offered daily and are easy to attend from any computer.
- Virtual education presenters are available to chat and answer your questions.

Investing involves risk, including the risk of loss.

**Register  
now!**

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# Tips for Healthy Eating at Work

Did you know that close to 70 percent of Americans eat at their desks several days of the week? One of the drawbacks of eating at your desk is that it's more difficult to be mindful about what or how much you're eating. Here are some tips for eating healthier while you work:

## Pack Your Lunch

This is a great opportunity to eat healthy and control your portions. And when you bring your own lunch, you won't be tempted to buy fast food or vending machine snacks.

## Keep a Bottle of Water Nearby

Do your best to keep your water bottle full, so you can sip on it and stay hydrated throughout the day.

## Snack Smart

Snacking smart at work is tough, especially if you have a vending machine nearby. Help curb your appetite until you get off work by bringing in a healthy snack each day, like celery sticks and peanut butter, low-fat trail mix, fruit and almonds.

## Avoid Fancy Coffee

Try to limit the amount of sugar, syrup and cream that you add to your coffee. Although it may not be a big deal in small doses, the calories can quickly add up.

Learn more healthy eating tips [here](#).



## WW WORKSHOPS IN THE WORKPLACE

A healthier, happier you begins with WW (Weight Watchers® Reimagined) Workshops in the Workplace (formerly known as At-Work Meetings). [Click here](#) to find a wellness workshop at your location. Can't find your location on the list? Learn how you can start a workshop at your location at any time. All you need are 15 committed members. Contact [WellnessServices@ngc.com](mailto:WellnessServices@ngc.com) for details.

## WW STARTER KIT

WW (Weight Watchers® Reimagined) is excited to announce their fall promotion!

Northrop Grumman employees who purchase a WW membership plan between Sept. 9 and Oct. 18 can redeem a FREE Starter Kit. Here's what each Starter Kit includes:



"Simply 5"  
cookbook

Cutting  
board

Stainless steel  
water bottle

Grocery  
tote

Inspirational  
mantra flip board

\$35 in  
coupons

[Sign up](#) for WW, enter the Northrop Grumman Employer ID (63219) and follow the instructions.

## Total WellbeING Expos

Northrop Grumman will hold 38 Total WellbeING Expos prior to and during the Annual Enrollment season to help you make informed decisions about your benefit choices.

Attending the Expos is a great opportunity to learn more about the variety of benefits available to you and your family members. Take a few minutes out of your day to stop by and speak with health and financial specialists; register for the many time- and cost saving tools the company offers, like telemedicine; learn about programs that can provide support and guidance, like the EAP; and take advantage of daily drawings and giveaways. [Click here](#) for a complete schedule.

## Work/Life Solutions Program

You and your family members have 24/7 access to Northrop Grumman's Work/Life Solutions Program. This program is an enhancement to our EAP. You can speak with a Work/Life Specialist by calling **800-982-8161**. They're always available to assist you with balancing work and life commitments, and there's no cost to you. Need child, elder or pet care? Looking for college information, adoption resources or relocation assistance? Whatever your needs, the Work/Life Solutions Program is there to help. In addition to telephone counseling, you also have access to articles, checklists, assisted self-search tools and local resource information. [Learn more](#).



## On-site Flu Shots

Over 16,000 employees received flu shots last year. Join your fellow employees this year and help protect your health and the health of your colleagues and family by getting a flu shot. On-site flu shots are available at no cost to you. You'll receive an email and other notifications via **Benefits & You OnLine** in late August with a list of flu shot clinic locations, dates, times and whether you can walk in for a flu shot or need to register in advance. Registration instructions, a list of frequently asked questions and a link to download the immunization consent form in advance will be included. Flu shot information will also be posted on **Benefits & You OnLine**. Family members and contractors are not eligible for free on-site flu shot clinics.

If you are enrolled in a Northrop Grumman medical plan, flu shots are covered as part of the medical plan. Your covered family members can get their free flu shots at CVS or their doctor's office.

Online  
Registration for  
Free Flu Shots  
Begins in Late  
August

## New Way to Access Expert EAP Support Online

The EAP has rolled out an enhanced high-tech digital platform on our **EAP Achieve Solutions** website. The new capability will greatly expand the way our EAP provides access to services and will support individuals who feel more comfortable with technology. Explore the site for information on how to overcome anxiety and stressful events, work through relationship challenges, overcome sleep issues, find legal and financial advice and more. [Learn more.](#)

The new digital platform will provide:

- An enhanced and digitized online intake process
- The ability to schedule telephonic/video sessions online, often the same day or the next day
- Real-time access to broader provider listings, including information about licensed counselors' specialty areas and available appointments
- Increased holistic follow up via text, email or phone to ensure all areas of concern are addressed
- *Care for Your Family* feature, which provides access to a live chat with a Work/Life representative, child/elder care support and more

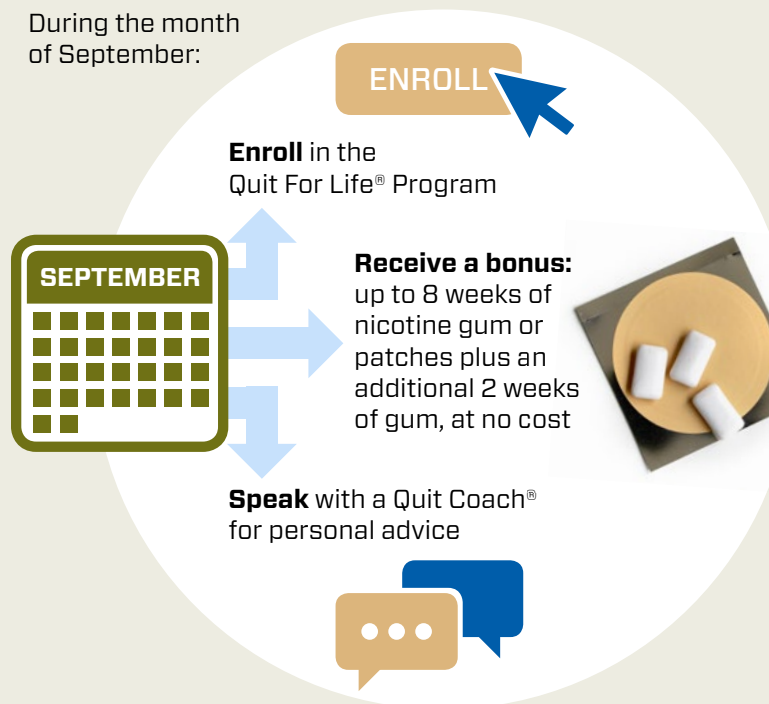
## Winners for the Mobile Health Consumer Q2 Drawing

[Click here](#) for a list of the second quarter winners of the Mobile Health Consumer drawing. Don't forget, there are quarterly prize drawings just for exploring the site and learning how you can reach your wellbeing goals.



## Tobacco Cessation Program Bonus Offer

During the month of September:



Get the help you need to quit chewing, smoking and vaping, and manage your cravings.

Don't delay! You must enroll in September to receive the bonus offer.

### GETTING TO KNOW YOUR BENEFITS: A NEW SERIES

Find out about the prescription drug coverage in the medical plans administered by Anthem by checking out the first installment in the **Getting to Know Your Benefits** series. Coming soon: Learn about the participant advocacy program.

# August Webinar Calendar



[Click here](#) for a complete list of upcoming webinars and details on how to register.

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## The Common App: What You Need to Know

You may have heard that the Common App can make the college application process easier. But how will you know how to approach it? And how can you help your student create an application that impresses admissions officers? We'll help you solve the Common App puzzle. *Presented by Bright Horizons*



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## Mental Health 101

Did you know that nearly 350 million people worldwide have mental health disorders like depression and anxiety? The World Health Organization estimates that these untreated disorders cost the global economy more than \$1 trillion U.S. dollars in lost productivity annually. Join this workshop to learn how to minimize the risk of adding to this global challenge. *Presented by EAP and Beacon Health Options*

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## Preserving Your Savings for Future Generations

Learn about the components of an estate plan, including information on wills vs. probate, power of attorney, health care proxies and more. *Presented by Fidelity*



## I Tried It: Jonni S. on WW

I joined a Weight Watchers At Work meeting in Huntsville in August 2017. I regularly run, but I'm also really proud of making Goal with WW in December. I still participate in WW, and try to maintain three days a week running. I have learned that WW is NOT a fad diet. It's a lifestyle change. And along with healthy eating, I need to incorporate exercise. It doesn't need to be running, but getting out and moving is essential in a healthy lifestyle.

*Jonni S., GMD GS PMP Engineer, Mission Systems, Huntsville, AL*

Have you used a wellness resource or benefit and want to share your story?  
Email [BenefitsYouCommunications@ngc.com](mailto:BenefitsYouCommunications@ngc.com).