

Benefits & You

Your Life • Your Health • Your Well-being

NORTHROP GRUMMAN



JUNE 2019 ISSUE

Safety at Work Starts with Safety at Home

It's important to practice safety at home as well as in the workplace. Doing so makes safety a habit. And, by preventing accidents and injuries at home, you miss fewer days at work. And you save money on medical bills.

By being safety conscious at all times, while at work and during your off hours, you're less likely to suffer an injury than those who adhere to safety rules only while working.

The top three [causes of nonfatal injuries](#) may be surprising:



Make Your Workspace Work for You

Do you work at a desk all day? No matter how busy you are, get up from your chair and take short stretch breaks or walks throughout the day. Doing so will enable you to readjust your posture and get your eyes off the computer screen for a few minutes at a time.

[Check out these simple exercises](#) that can help you feel energized and relieve your muscle tension. These exercises are good for the circulation and help relieve the pressure that naturally builds up in your back when sitting for hours at a time.

When you're working, it's important that your workspace is ergonomically correct, meaning your computer, chair and paperwork are all at the proper height and angle for your body. [Click here](#) for some tips on adjusting your workspace.

When you're off work, try to participate in physical activities as much as possible. Take walks, hikes, bike rides, or go to the local gym. Also, be sure to get a good night's sleep (about 7 to 9 hours) each evening. When you take care of your body, you'll have a much easier time meeting the physical challenges of your job.





Is Sitting the New Smoking?

Everyone knows the dangers of smoking, but you may be surprised to learn that sitting or lying down for too long also increases your risk of chronic health problems, such as heart disease, diabetes and some cancers. Too much sitting can also be bad for your mental health.

An analysis of more than 1 million people found that those who sat for more than eight hours a day with no physical activity had a risk of dying similar to the risk posed by obesity and smoking. The good news is: you can counter the effects of too much sitting with 60 to 75 minutes of moderately intense physical activity each day.

Ready to spend less time sitting? Here are some [tips to get you up and moving](#):

- Try to take a break from sitting every 30 minutes.
- Stand while talking on the phone or watching television.
- If your job involves sitting at a desk, try a standing desk or improvise with a high table or counter.
- Try a walking meeting with your colleagues rather than sitting in a conference room.

Ready, Set, MARCH Fitness Challenge

During the Ready, Set, MARCH Fitness Challenge, over 2,000 employees took a combined 404,418,775 steps (202,209 miles), and the winners walked away with either a \$50 or \$150 Amazon.com eGift Card.

Aerospace Systems had the highest average steps in the challenge, and each participant received 200 extra points toward the quarterly prize drawing. Technology Services employees were next, each receiving 150 points for participating, followed by Mission Services receiving 100 points.

[Click here](#) to see the list of the challenge winners.



Find out how to register for upcoming fitness challenges, like Meet Me on the Moon (see page 3), on the Mobile Health Consumer app. Be sure to download the app from the Apple App Store or Google Play.

WINNERS

for the Mobile Health Consumer Q1 Drawing

[Click here](#) for the list of winners of the Mobile Health Consumer drawing for the first quarter of the year. Remember, there are quarterly prize drawings just for exploring the site and learning how you can reach your wellness goals.



Drug-Free Workplace

Northrop Grumman is committed to maintaining a safe alcohol- and drug-free workplace. Our support of a drug-free workplace has helped ensure the health, safety and welfare of our employees and their families, while remaining compliant with government customers.

Periodic drug-free workplace training is provided to Northrop Grumman employees and managers. This month, to promote workplace safety, the EAP is hosting two important webinars:

- Understanding Opioids and Addiction
- Drug-Free Work Place – Supervisor Training

Learn about your confidential and no-cost EAP services available to you and your family [here](#).



Meet Me on the Moon Fitness Challenge

IT'S NOT TOO LATE TO JOIN!

July 20 marks the 50th anniversary of the walk on the moon. Northrop Grumman made significant contributions to this historical event. Join the challenge to learn about the Company's contributions while staying fit. Together, Northrop Grumman is walking 478 million steps to reach the moon by July 20. [Join your colleagues](#) and help us reach our goal. Every step you take puts you closer to prize drawings for one of 60 \$150 Amazon.com eGift Cards. Log in to your Mobile Health Consumer account and click on the moon tile. Note: If you don't have an activity tracker, you can still participate in the challenge by logging your activities in manually. Just use the [online conversion tool](#).

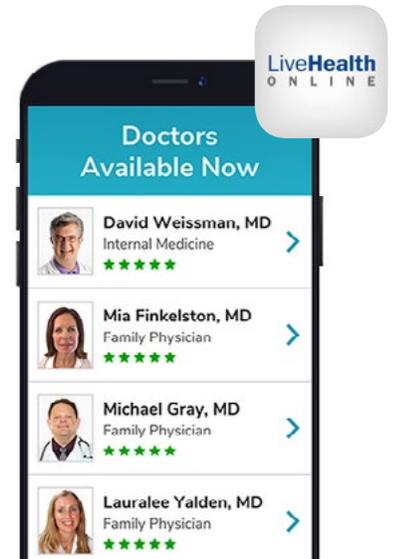
LiveHealth® Online: With You Wherever You Go

Whether your summer travels take you to another country or your local campground, you'll be glad to know the doctor is as close as your computer or mobile device with LiveHealth® Online.

Rashes, bug bites and sunburns are just a few of the concerns that may pop up while you're trying to enjoy some time away. Simply access LiveHealth® Online from your phone using the LiveHealth® Online app or online at <https://www.livehealthonline.com> and show them the affected area. A doctor can provide a diagnoses and treatment plan, if needed, to get your vacation back on track.

Did you forget to pack your prescription medication? Doctors available on LiveHealth® Online can review your medical history and prescribe your needed medication at a pharmacy near your location. They can also answer any health questions that pop up wherever you may be.

The cost for Anthem members to use LiveHealth® Online ranges from \$10 to \$49, depending on your coverage and copay. If you and your family members aren't Anthem members, you can still use the service for \$49. [Learn more or sign up now.](#)



Annual Physicals Must Be Processed by June 30 for Credit in 2019

Eligible employees who completed an annual physical by May 31, 2019, must ensure the claim is processed by their doctor's office by June 30, 2019, in order to qualify for a credit of up to \$500 toward their annual health insurance premium in 2019. To confirm your physical has been processed, log in to your medical plan's site and view your claims. If you're enrolled in an Anthem plan and are experiencing a delay in processing, call the customer service number on the back of your card to request assistance. If you're enrolled in a Kaiser medical plan, you must also accept Kaiser's Wellness Program Agreement to be eligible for the incentive. This Annual Physical Incentive credit will be applied as a monthly reduction to the cost of medical coverage between August and December 2019 for physicals completed between March 1, 2019, and May 31, 2019, and processed by June 30, 2019. [Click here](#) for complete details.

Wellness in the Workplace



June Webinar Calendar

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

Be on the lookout for the next bimonthly *Benefits & You* newsletter in August.

JUNE
11 & 18

Understanding Opioids and Addiction

Opioid addiction is a disease that involves compulsive drug-seeking, even when there may be negative consequences. Learn more about this disease and the many other important issues related to addictions. *Presented by EAP and Beacon*

JUNE
13

A Transformation Story: Male POV

Listen to Matt's transformation story and how his success with WW impacted the lives of his family and those around him as much as his own. Matt's a member first but he's also a WW employee, meaning he's able to share insights, perspectives and real honesty as to how to be successful. Everyone is welcome to listen to Matt's story. *Presented by Weight Watchers*

JUNE
19

Identify and Prioritize Your Savings Goals

Learn how to save for multiple goals and develop strategies and tips to prioritize and fund your specific savings goals, like buying a new home or car, saving for a child's college expenses and more. *Presented by Fidelity*



JUNE
26

Money Smart: Raising Finance-Wise Kids

Learn tips and strategies for raise financially smart children. With the right tools, you have the greatest influence over their future money habits and can help build the foundation necessary for their future financial security. *Presented by College Coach*



I Tried It: Shana B. on the Mobile Health Consumer App

When I was given the information about the Mobile Health Consumer app, I had no idea at that time how useful it could be. There is so much helpful information pertaining to my health and ways to get help with anything I need. Mostly, I am a competitive person so the point system has really motivated me into reaching my daily walking goals, signing up for local races, donating blood and so much more. If you do not have this app, get it today!

Shana B., Configuration Data Management Specialist, Northrop Grumman Innovation Systems, Flight Systems Division, Iuka, MS

Have you used a wellness resource or benefit and want to share your story?
Email BenefitsYouCommunications@ngc.com.