

March 2021

Focus on you: Taking care of your whole self

It's National Nutrition Month. In this issue find ways to take care of your whole well-being. Welcome to the new Well-being newsletter, replacing the monthly Benefits & You.

FINANCIAL Well-being



COVID Relief and changes to your Flexible Spending Accounts

You have more time to use your 2020 health care and/or dependent day care flexible spending account (FSA), and the ability to make changes to your 2021 FSA elections. [Learn more.](#)

Flexible Spending Account submission deadline: March 31

Reminder: the submission deadline for 2020 FSA claims is March 31. You can log on to HealthEquity or download the WageWorks EZ Receipts mobile app to review your account. [Learn more.](#)

Increase your savings rate a little now, save big later

- Fidelity recommends a combined employee and employer saving rate of at least 15 percent. Read more from Fidelity about [How Much Should You Save for Retirement](#)

- Increasing your savings rate, even by 1 percent per year, can have a big impact over time. The Northrop Grumman Savings Plan's Annual Increase Program automatically increases your contribution rate each year. Learn more and enroll on [Fidelity NetBenefits®](#).

PHYSICAL Well-being



Get rewarded for making healthy choices!

You can earn \$500 for yourself and \$500 for your covered spouse or domestic partner through our Well-Being Incentive Program. To start, take the Health Assessment on *Engage*. [Learn more.](#)

Food for thought this National Nutrition Month

Healthy eating habits can sometimes feel like a chore. If you're ready to make small changes for big results, connect with Anthem or Kaiser Permanente health coaching today. [Learn more.](#)

Early colorectal cancer screening can save your life

If you or your eligible dependents aged 50 – 75 are out of date for a preventative colorectal cancer screening, Anthem has partnered with Quest to make it easier by sending a free at-home InSure® One™ kit to your home. Screenings help your doctor find issues early and early treatment can increase survival rate. [Learn more.](#)

SOCIAL Well-being



Thank you for all that you do

Today is Employee Appreciation Day! Take the time to acknowledge and recognize your colleagues. One way to show appreciation is to send [BRAVO to our Stars](#) recognition messages. The site includes specific Employee Appreciation cards to add your own customized message. Recognize someone today or any day! [Learn more.](#)

Sleeves up: Pledge to donate blood

The American Red Cross is facing a severe blood shortage due to so many blood drives being cancelled because of COVID-19. Help us reach our goal of 1,000 volunteers pledging to donate. [Learn more.](#)

EMOTIONAL Well-being



Better sleep for your well-being

When life gets busy sleep tends to suffer. This Sleep Awareness Week (March 14-20) learn how better sleep can transform your life with resources from NGCare. [Learn more.](#)

Are you a parent, turned teacher?

If your home has become a home office and virtual classroom you may benefit from [NGCare's Bright Horizons Family Support programs.](#)

Making sense of college admissions

If you have an aspiring college student in your household now is the time to learn the ins and outs of college admissions. Mark your calendar for March 10 at 3pm ET and make sure you register. [Learn more.](#)

ENGAGE in your Well-being



Congratulations Q4 Engage Winners

Congratulations Q4 Winners for the *Engage* Rewards Center Drawings! [Click here](#) for a list of the *Engage* Rewards Center drawing winners. As a reminder, you can redeem points earned daily for completing healthy actions and well-being activities recorded in *Engage*. For eligibility in the Q1 *Engage* Rewards Center drawings, redeem your points by March 31. And if you haven't already, click here to register for [Engage](#) to get started.

Well-said: Employee testimonial

“The thought of retirement planning is intimidating. I attended several Fidelity webinars and found them helpful; however, wasn’t sure how to evaluate my accounts and determine if I am on track. I hesitantly reached out to Fidelity and made an appointment for a personal consultation and was immediately contacted by Travis.

During my appointment, Travis had access to my actual accounts and was able to give direct feedback regarding my retirement outlook. I was pleasantly surprised! My consultation was warm, professional, informative, and extremely uplifting. I now feel positive about my retirement outlook, whenever that time arrives. Fidelity Retirement Planning proved to be an easy and useful benefit for me!”

- Cheryl W., Diversity Rep, Falls Church, VA

My well-being webinars

Participate in upcoming well-being webinars designed to help you thrive financially, physically, socially and emotionally. [Click here](#) for a complete list of webinars and details on how to register.

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

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