

# My Well-being

FINANCIAL • PHYSICAL • SOCIAL • EMOTIONAL



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**August 2021**

## Planning Ahead as Fall Approaches

In this issue, find reminders about earning the \$500 well-being incentive, connect with the NGFAMILY ERG for family resources and get help with student loan debt and Common App questions.

**FINANCIAL** Well-being



### Get help with your student loan debt

Managing student loan debt can feel overwhelming, but you don't have to face it alone. Learn about resources to help tackle your loans and find financial freedom. [Learn more.](#)

### Tips to realize your financial dreams

Whether you're saving for a house, car, college or a special vacation, there are things you can do to reach your financial goals sooner. Join the upcoming webinar "Identify and Prioritize Your Savings Goal" hosted by Fidelity. [Learn more.](#)

## PHYSICAL Well-being



### Simple ways to be active at work

Fitting exercise into your daily routine can feel impossible, but not if you break down your movement into small goals you can achieve right from your desk. See easy ways to get moving while at work. [Learn more.](#)

### Deadline to earn the \$500 Well-being Incentive is Sept. 30

Be sure to complete the [Engage](#) health assessment and get an annual physical exam before Sept. 30, 2021 to qualify for the 2021 well-being incentive. [Learn more.](#)

## SOCIAL Well-being



### Celebrate and support families with NGFAMILY

Balancing the demands of family and work can be hard, but you are not alone. Join our employee resource group (ERG) NGFAMILY for its “How to Live Better Post-COVID” summit focused on health & fitness, finances, technology, education and aging parents/family members. [Learn more.](#)

### Vote for who should win a \$10,000 charitable grant

The Difference Maker Awards celebrate our employees’ commitment to volunteerism with \$10,000 charitable grants for winners in each category plus \$5,000 grants for two runners-up. Your vote determines the winners! [Vote by Friday, Aug. 13](#) – winners will be announced the week of Aug. 30.

## EMOTIONAL Well-being



### Get support for your college-bound dependents

The Common Application for college opened on August 1 and *Bright Horizons College Coach*® has all the tips your high schooler needs to complete the application and apply to school. [Learn more.](#)

## Thinking about going back to school?

If you're considering going back to school, *Bright Horizons EdAssist Solutions*® can help you get started with support for things like education coaching and tuition assistance. [Learn more.](#)

**ENGAGE** in your Well-being



## Congratulations Q2 Engage Winners

Congratulations [Q2 Engage Rewards Center Drawing winners](#) for the Engage Rewards Center Drawings! Be a winner in Q3 by redeeming points in [Engage](#) you can earn from your daily healthy activities.

## Well-said: Employee testimonial

*“Bright Horizons came through with an excellent caregiver on short notice, and even was able to provide us with the same caregiver the next day. Jabraia was calm, kind and pleasant. We were very pleased with her and will request her again.”*

- Eric F. (Sr. Staff Engineer Systems, Baltimore, MD)

## 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 [Total Rewards Gateway](#).

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