

My Well-being

FINANCIAL • PHYSICAL • SOCIAL • EMOTIONAL



[HOME](#)

[PAST EDITIONS](#)

[SUBMIT ITEM](#)

[WEBINARS](#)

[ENGAGE](#)

September 2021

Take Charge of Your Well-being

In this issue, boost your investment strategy, protect your health and see how to get involved in Hispanic Heritage Month.

FINANCIAL Well-being



Make the most of your investments

Whether you're a novice or an expert, our partners at Fidelity have resources to help you get the best bang for your buck. Join an info session or connect with an advisor today. [Learn more.](#)

PHYSICAL Well-being



Protect yourself and get your flu shot

Getting a flu shot can help protect your health and the health of your coworkers and family. You can get your flu shot today. [Learn more.](#)

When choosing a medical facility, performance counts

Don't just go anywhere – choose the best facility available. Some medical facilities demonstrate better care and cost than others. If you're an Anthem member, you have access to in-depth knowledge about the best facilities near you. [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 Hispanic Heritage Month with One Adelante

Join our employee resource group (ERG) One Adelante as we celebrate National Hispanic Heritage Month from Sept. 15 through Oct. 15. [Learn more.](#)

Take action to fight hunger

By 2030, Northrop Grumman will donate five million meals to help fight hunger in communities across the world. [Learn how](#) you can help.

Make a connection and get rewarded

Eating well and staying active are great ways to keep your health in check, and staying connected with family and friends is another important part of your well-being. Get rewarded for staying connected through [Engage](#). [Learn more.](#)

EMOTIONAL Well-being



Removing the stigma from suicide

You are not alone. Whether you or someone close to you has been suffering for years or recently had a life setback, there is always hope. This Suicide Prevention Month, end the stigma and learn what resources are available to help. [Learn more.](#)



Redeem your *Engage* Q3 points to win cash, gift cards and more!

When you're signed up on *Engage*, you get points daily for your healthy habits like activity and nutritious food choices. **Remember to redeem your Q3 points by Sept. 30.** If you haven't already, register for [Engage](#) to participate in challenges, receive reminders on healthy habits, participate in a community chat and so much more!

Well said: Employee testimonial

"The wealth of resources for physical, financial, mental and social health provided by the Well-being Program make my job as a site well-being champion easy. I can find helpful information and programs to share with our employees to make their lives better."

- Amanda C. (Illustrator, Gilbert, Arizona)

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](#).