

# Benefits&You

Your Life • Your Health • Your Well-being

September 2020

Explore how technology and online resources can enhance your financial, physical, social and emotional well-being at Northrop Grumman.

## 2020 Flu Shots Update

Your health and well-being is a top priority at Northrop Grumman. As part of the company's [My Well-being program](#), you will continue to receive a flu shot at no cost. This year, we will not have on-site flu shot clinics. Instead, we are offering two ways for you to get a free flu shot:

1

If you are an active Northrop Grumman employee, print a [CVS flu shot voucher](#) and redeem it at a participating CVS Pharmacy. The voucher is valid from Sept. 1, 2020 to March 31, 2021. One voucher per employee.

2

If you are enrolled in a Northrop Grumman medical plan, you can also get your flu shot from your health care provider or any other location that accepts insurance, including many pharmacies.

For more details, read the full article with frequently asked questions [here](#).

# Introducing Healthy Habits on *Engage*

*Engage*, your digital, well-being assistant, now offers you more ways to foster a healthier lifestyle. Available on *Engage*, [Healthy Habits](#) are new, self-coaching modules.

**Healthy Habits** will help you take small steps to create lasting habits that make a positive impact on your health and overall well-being. You can easily choose a habit, practice the habit daily and achieve long-term success. Healthy Habits modules include:

- Breathe
- Connect
- Stretch
- Meditate
- Read
- Drink H2O
- Eat Fruit
- Eat Veggies
- Feel Grateful

*Engage* helps you make healthy behaviors a habit by anchoring them to your existing daily routine with check-in reminders.

For questions, contact [MyWell-being@ngc.com](mailto:MyWell-being@ngc.com).

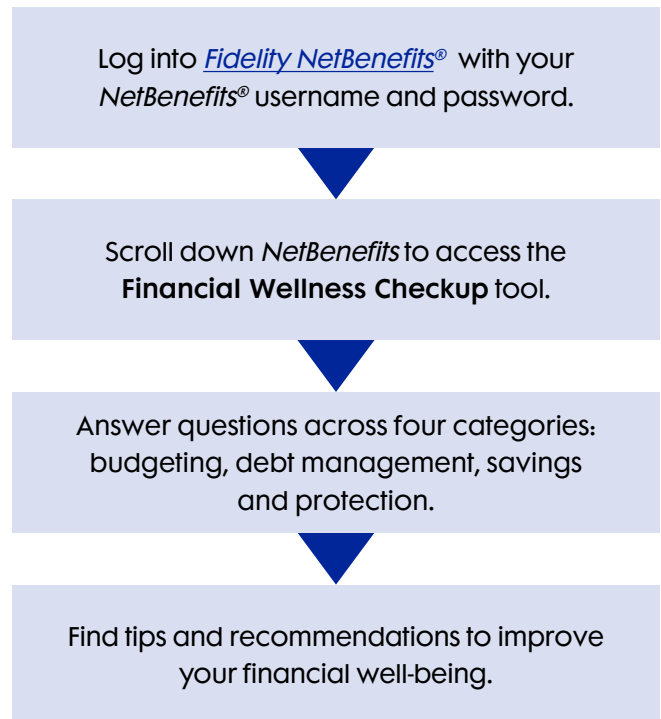
# Reminder: 2020 Well-being Incentive Program

If you are enrolled in a Northrop Grumman medical plan, you can earn \$500 after completing your annual physical and health questionnaire in *Engage* by Sept. 30, 2020. If you're unable to see your doctor for an annual physical, [read this full article](#) to learn about your options.

# Complete Your Financial Wellness Checkup Online

## Earn 100 Points on *Engage*

Take the **Financial Wellness Checkup** to improve your financial health and well-being. In less than 10 minutes, you can complete your financial wellness checkup online:



For questions, contact the Northrop Grumman Benefits Center at 800-894-4194.

*Note: There may be a delay after completing your financial wellness checkup and when your points appear in Engage.*

**Take Action  
by Sept. 30**

# Virtual WW Workshops for Your Physical Well-being

Northrop Grumman is committed to helping you reach your fitness and well-being goals, ranging from eating healthier to losing weight and developing a positive mindset. Through our partnership with WW, formerly Weight Watchers, access virtual, private WW workshops from your phone or computer.

In a virtual group setting, you can receive weight loss guidance and support on a weekly basis from a WW coach to help you move closer to your fitness and well-being goals.

## ▶ ALREADY A WW MEMBER

Join Northrop Grumman's [Connect Group](#) to view the virtual workshop schedule.

*Important: You must click the "Connect Group" link from a mobile device.*

## ▶ NOT A WW MEMBER YET

[Sign up here](#) and learn about the WW discount as a Northrop Grumman employee.

# Free WW Starter Kit Promotion: Sept. 1–19

Northrop Grumman employees who purchase a WW membership plan from Sept. 1 to Sept. 19 can get a free WW Starter Kit, which includes tools and resources to help you on your weight loss journey. [Sign up here](#) and follow the instructions. After signing up, [redeem](#) your WW Starter Kit by Oct. 3. For questions, contact WW Customer Service at 866-204-2885.

# Congratulations Q2 Winners

## Q2 Engage Rewards Center Drawings and Engage "Walk with Friends" Challenge

[Click here](#) for a list of the second quarter winners for the Engage Rewards Center drawings and Engage "Walk with Friends" Challenge. Remember, you can redeem points earned daily for completing healthy actions and well-being activities recorded in [Engage](#). To be eligible for the Q3 Engage Rewards Center drawings, redeem your points by **Sept. 30**.

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# Check It Out: Virtual Employee Resource Group (vERGe)

This year, Northrop Grumman launched its 13th ERG, a virtual employee resource group called **vERGe**.

- **vERGe** brings together virtual employees and telecommuters who perform all forms of virtual work, including a forum for networking and discussing opportunities and challenges related to working virtually.
- **vERGe** hosts lunch and learn sessions, promotes online tools and shares best practices with employees and other ERGs.
- **vERGe** also advocates for teleworkers and helps employees thrive in a virtual environment, develop meaningful connections and achieve social well-being.

Full- and part-time teleworkers and mobile workers, distributed teams and employees performing virtual work and collaboration are eligible to join vERGe. For more information, [click here](#).



## Employee Testimonial

### I Tried It: Lorie M. on *Engage*

I love the *Engage* platform — entering in activities to earn points motivates me to stay focused on my goals. I really enjoyed the *Engage* “Walk with Friends” Challenge. It encouraged me to keep adding more steps to my day. More importantly, I love that, with all the stress we face, I work for a company like Northrop Grumman that addresses all dimensions of their employees’ well-being: financial, physical, social and emotional!

— Lorie M., Defense Systems, administrative assistant, Rockville, Md.

## Telemedicine through LiveHealth® Online

Telemedicine through LiveHealth® Online is available to all employees. It’s easy to use and cost effective.

No need to schedule an appointment, drive to a doctor’s office and wait in-person. If you are enrolled in an Anthem medical plan, you only pay \$10 per visit. Non-Anthem members pay \$59.

When you need to see a doctor, use LiveHealth® Online to schedule a video visit with a participating board-certified doctor, therapist or health care provider 24/7 using your smartphone, tablet or computer with a webcam.

Additional benefits include:

- Immediate, 24/7 access to medical doctors
- Prescriptions sent to the pharmacy of your choice, if needed
- Medical care for common health conditions such as the flu, a cold, sinus infection and pink eye
- Access to a mental health therapist or psychologist from home

For more information and how to sign up, [click here](#). View frequently asked questions [here](#).

*Note: If you’re a Kaiser member, [view](#) more information about telemedicine services.*

## September Webinar

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### Make the Most of Your Retirement Savings

Learn how to maximize your retirement savings, prepare for your retirement and additional ways to save money for retirement beyond your workplace savings plan.

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