

# Benefits & You

Your Life • Your Health • Your Well-being

**NORTHROP GRUMMAN**



APRIL 2019 ISSUE

Aging is inevitable. But did you know that you can reduce your risk of suffering an age-related condition, such as osteoporosis or rheumatoid arthritis, later in life through diet and exercise? Read this issue of the newsletter for information on simple steps you can take to fight aging and live a long, healthy life.

## myStrength: Reduce Stress and Feel Happier

If you're an Anthem member, you have around-the-clock access to myStrength support and tools from your computer or mobile device — download the app from Google Play or the Apple App Store. You'll find videos, articles, inspirational quotes, exercises, mood trackers and more. And, myStrength is available at no additional cost to you as part of your behavioral health benefits.

Here's how to get started:

1. Go to <https://www.anthem.com/ca> and log in to your member account.
2. Find and select the myStrength link under the Health and Wellness tab.
3. Take the confidential Wellness Assessment and fill out the personal profile.

To learn more, [click here](#) and log in, or call 866-621-0554.

## April Is Move More Month **MOVE MORE**

The American Heart Association sponsors [Move More Month](#) to remind everyone about the health benefits of physical activity. One way to be physically active is to take a brisk 30-minute walk during your work break each day.

Here are some things that will make your walk more enjoyable:

- Stretch your muscles before and after your walk.
- Wear comfortable clothes and shoes.
- Walk with a coworker or friend to help pass the time.
- Drink plenty of water, even if you don't feel thirsty.
- Make sure you maintain good posture.



## 3 Smart Financial Habits to Get into During Retirement

If you're a senior, there are a few things you can do to reduce your money worries and make the most of your retirement:

1. Follow a budget | 2. Live below your means | 3. Pay estimated taxes

Learn more. <https://www.fidelity.com/mymoneylifestyle/retirementhabits>

Fidelity Brokerage Services LLC, Member NYSE, SIPC, 900 Salem Street, Smithfield, RI 02917  
© 2019 FMR LLC. All rights reserved  
881194.1.0



# Brain Health — How to Boost Your Brain

It's not surprising that the more you age, the more difficult it is to recollect all the information your brain has absorbed over your lifetime. How often do you forget where you leave your keys or sunglasses or what food you need to buy when you're at the grocery store? Although this type of memory loss issue is more frustrating than serious, it's important to know that it's not just age that affects our mind function. Some other factors could be medication side effects, depression, or heart and lung problems. So, if your memory loss begins suddenly, or significantly interferes with your ability to function on a daily basis, be sure to visit your doctor and explain your concerns.

How can you help prevent memory loss that's part of normal aging? The best way is to live a healthy lifestyle — and keep your mind active: read, do crossword puzzles, play Scrabble or try Sudoku.



Here are some other ways to [build your brain power](#):

- Limit alcoholic beverages, exercise regularly and get a good night's sleep (at least 7 hours)
- Minimize your use of medications
- Eat healthful foods and drinks lots of water
- Socialize
- Make adjustments to help you remember things (e.g., set a timer when you have a pot on the stove)

## Why Calcium and Vitamin D Are Important for Your Health

We need [calcium and vitamin D](#) to keep our bones from becoming weak and brittle.

### CALCIUM IS IMPORTANT FOR MANY REASONS:

- Helps form bones and teeth
- Strengthens bones and teeth to prevent breaks and decay
- Helps with muscle contraction, blood clotting and sending nerve impulses
- May help reduce blood pressure
- May lower the risk of colon cancer

### THE BENEFITS OF VITAMIN D INCLUDE THE FOLLOWING:

- Helps your body absorb and use calcium to make and keep strong bones
- Keeps chronic conditions such as osteoarthritis and cardiovascular disease from worsening
- Helps prevent bone pain and chronic aches
- May decrease the risk of colon cancer

**WHERE CAN YOU FIND VITAMIN D?** It's commonly found in fish oil and some types of saltwater fish and shellfish, such as salmon, halibut, tuna and shrimp. You can also find it in milk, cereal and vitamin-D fortified juices. And, don't forget sunshine. Some of us can get plenty of vitamin D from exposure to the sun (don't forget sunscreen), but getting vitamin D through foods and supplements is important.



[Click here](#) to see how much calcium and vitamin D you need each day.

## Coping with Changing Sleep Patterns

As we get older, our [sleep patterns](#) naturally change:

- We sleep fewer hours per night and take more time to fall asleep.
- We wake up more often during the night.
- We have more difficulty adjusting to changes in sleeping conditions (e.g., a different bed).
- We spend less time in the most restful stages of sleep.

Just because sleeping less deeply and for less time than you did when you were younger is normal, it doesn't mean the sleep you get is enough.

Routine poor-quality sleep can lead to chronic health problems at any age. If you are an older adult and have trouble sleeping, talk to your doctor about ways you can improve your sleep. Also, try these tips:

- Exercise regularly and get as much sunshine as possible.
- Keep your bedroom cool, quiet and dark at bedtime.
- Don't eat food in bed.
- Get out of bed if you're unable to sleep, and do a quiet activity until you feel sleepy.
- Limit or reduce the need to wake up at night.
- Follow the same evening and bedtime routines on a daily basis.





## Join WW and Get a FREE Starter Kit

Purchase a WW membership between April 1 and April 19 and get a FREE starter kit — valued at more than \$70.

Each kit\* includes the following items:

- \$35 worth of coupons
- Cutting board
- Grocery tote
- Inspirational mantra flip board
- *Simply 5* cookbook
- Stainless steel water bottle

*\*While supplies last; contents may vary*

How to enroll:

1. Go to <https://www.weightwatchers.com/checkout/wwhs/eligibility>.
2. Enter Northrop Grumman's employer ID (63219) and follow the instructions.

After you enroll, you can redeem your starter kit at <https://www.ww.com/atworkstarterkit>. (Be sure to redeem your kit by May 3, 2019.)

## Quality Elder Care: Bright Horizons

Bright Horizons® adult and elder care benefits can help you get your loved ones the assistance they need when they need it, even if they live on their own.

- Register for back-up adult and elder care when your parent's caregiver goes on vacation.
- Schedule an in-home caregiver for your spouse when he or she is recovering from surgery.
- Access elder care needs assessments and referrals when you're anticipating future care needs.
- Explore resources on navigating the challenges of adult and elder caregiving.

Visit <https://backup.brighthouse.com/CorpPasscode> and enter:

- Back-Up Username: Northgrum
- Password: CARE4YOU



Download the Back-Up Care app: Search "back-up care" in the Apple App Store or Google Play.

**Questions?** Call 855-222-2398.

*Please note: This benefit is not yet available to Innovation Systems employees.*



## Make Your Mark on the Moon

### COMING IN JUNE: Meet Me on the Moon Fitness Challenge!

This creative fitness challenge, suggested by the NGIS Elevate Team in Gilbert, AZ, will run from June 3 to July 20 to commemorate the 50th anniversary of the walk on the moon. Every step you take during the challenge can put you closer to winning one of 60 \$150 Amazon.com eGift cards.



Be sure to download the Mobile Health Consumer (MHC) app from the Apple App Store or Google Play.

More details will be posted on *Benefits & You OnLine* in late May.

## Annual Funding Notices for Pensions Available This Month

Beginning April 8, employees eligible for a pension benefit may log on to [Fidelity NetBenefits®](#) to view the 2018 Annual Funding Notice for their Northrop Grumman pension plan(s). This legally required notice provides important financial information about the pension plan(s). Log on to [NetBenefits®](#) and select "Pension" then "Plan Information" to view your Annual Funding Notice(s).

# April 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 June.

APRIL  
11

## Healthy Eating on the Road

Lisa Shaub, a WW leader and VIP coach, will share her strategies and ideas to make sure eating on the road, whether traveling for work or pleasure, doesn't get in the way of accomplishing your health goals. *Presented by WW*

APRIL  
16

## Thriving through Challenges

Learn the importance of brain fitness to aid with memory retention, and engage in exercises and listen to tips to keep your brain fit. A fit brain can reduce the risk for depression, dementia and even Alzheimer's disease. *Presented by Kaiser Permanente*

APRIL  
17

## Organize, Plan & Own Your Future

Designed for women investors, this workshop will help you take increased control of your finances and move from saving to investing. *Presented by Fidelity*



APRIL  
25

## Benefits to Help Employees Be Present and Productive

Learn about benefits available to you that will help you avoid unnecessary time off and distractions due to child care, elder care or figuring out how to navigate the college admissions and finance process for your kids. *Presented by Bright Horizons*

APRIL  
29

## Tired of Being Tired? Sleep Better

Learn how sleep quality affects your health, productivity, and emotional well-being. Also learn about the components of good sleep habits and treatments for sleep disorders. *Presented by the EAP*



## I Tried It: Jason H. on the Health Services Cost and Quality Comparison Tool

Living a busy lifestyle and trying to keep track of your FSA and HSA expenses is very time-consuming. Castlight has been helping me keep track of these expenses in one location, along with doctor and other provider information, such as contact information, services provided, and other useful health-related information. I look forward to Castlight having the ability to integrate more actionable options, such as allowing me to submit my FSA claims directly without having to worry about documentation submittal once it is already verified by Castlight.

Jason H.  
Staff Engineer Electrical  
Melbourne, FL

Have you used a wellness resource or benefit and want to share your story?  
Email [BenefitsYouCommunications@ngc.com](mailto:BenefitsYouCommunications@ngc.com).