



September 2023



A Lifesaving Checkup

How the Well-being Incentive Program changed one employee's life. [»](#)



Adventure is Out There

An employee takes to the trails exploring local and national parks every weekend. [»](#)



Fall is Here!

College football, pumpkin picking and cider drinking. There's something for everyone to enjoy this autumn. [»](#)



Do You Know Your Flu Facts?

Protect yourself, your loved ones, and your community with a free flu shot. [»](#)



WEBINAR SPOTLIGHT

Sept. 14 • Noon ET

The Art of Patience

Register Now [»](#)

Sept. 20 • Noon and 3 p.m. ET

Planning for Healthcare Costs and Coverage in Retirement

Register Now [»](#)

Full list of webinars to support your financial, physical, social and emotional well-being [»](#)

Special Announcements



Share your feedback! Participate in the annual Northrop Grumman Employee Experience Survey between Sept. 6-20. [Learn more.](#)



Join the fight against cancer by starting, joining, or donating to a Northrop Grumman [American Cancer Society Walk team](#). All donations to these teams will be matched. [Learn more.](#)

DID YOU KNOW?

Your personalized Total Rewards Statement shows the complete value of your overall compensation and benefits package from Northrop Grumman.

Access it at any time through the [Total Rewards Gateway](#).



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and suggestions »

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Stay Healthy, Live Well and Thrive at Northrop Grumman