



October 2023



## Five Things to Know or Do During Annual Enrollment

Make informed benefits elections so you and your family can thrive in 2024. [»](#)



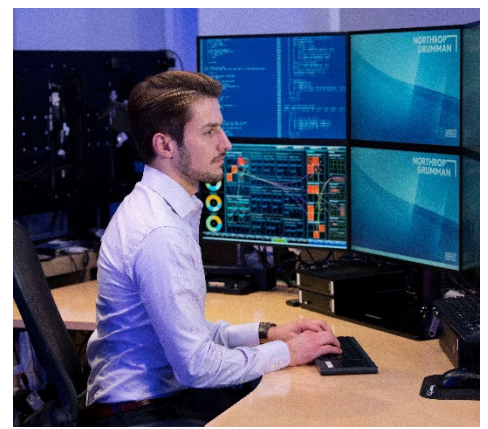
### Connect with Co-Workers

Get to know your colleagues and build stronger bonds with these Northrop Grumman activities. [»](#)



### Healing After Loss

If you or a family member struggle with grief or loss, a variety of resources are available to help. [»](#)



### Master Your Finances for Optimal Work/Life Balance

How to make your money work harder for you and your family. [»](#)



### WEBINAR SPOTLIGHT

Oct. 18 • Noon and 3 p.m. ET  
**Explore the Benefits of HSAs and FSAs**

[Register Now »](#)

Oct. 26 • Noon ET  
**Strategies for Resilience**

[Register Now »](#)

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

## Special Announcements



The results are in! Based on your responses, the most popular National Football League team is the...Baltimore Ravens!



Protect yourself and your community: [get a free flu shot](#).



Take charge of your career journey! Explore the next generation of the [Career Development Hub](#).



Raise awareness and support those in need on [World Mental Health Day](#), taking place Oct. 10.

### 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](#).



Send us your feedback and suggestions »

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Stay Healthy, Live Well and Thrive at Northrop Grumman