



December 2023



Unwrapping the Holidays

Five ways to keep the holidays happy and healthy. [»](#)



The Gift of Good Health

Staying healthy is easier than ever with these Northrop Grumman programs. [»](#)



Navigating the Festive Wallet

How to set a holiday budget and stick to it while still giving to those around you. [»](#)



Friendship is Ageless

An employee shares her perspective on making memories and nourishing relationships. [»](#)



WEBINAR SPOTLIGHT

Dec. 13 • Noon and 3 p.m. ET
Setting Goals and Habits that Stick
Register Now [»](#)

Dec. 14 • Noon ET
Fitting Family into Busy Days
Register Now [»](#)

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

Special Announcements



As the year ends, don't forget to celebrate all you and your colleagues have accomplished. Show your gratitude with a [BRAVO to our Stars eCard!](#)



Check your mailbox! Based on Annual Enrollment elections, you may receive health-related items by Dec. 31, including a new ID card for Anthem medical plan participants or a smart debit card for Flexible Spending Account users.

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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Stay Healthy, Live Well and Thrive at Northrop Grumman