



October 2023



Five Things to Know or Do During Annual Enrollment

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



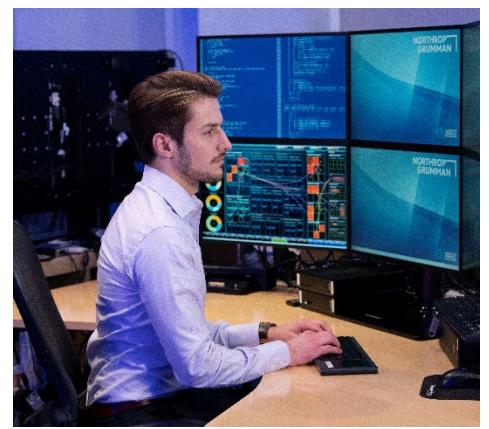
Connect with Co-Workers

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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