



January 2024



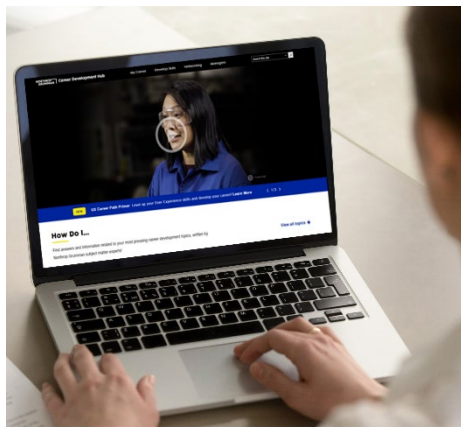
Ready, Set, Resolutions!

How to plan New Year's resolutions and the importance of setting mental health goals. [»](#)



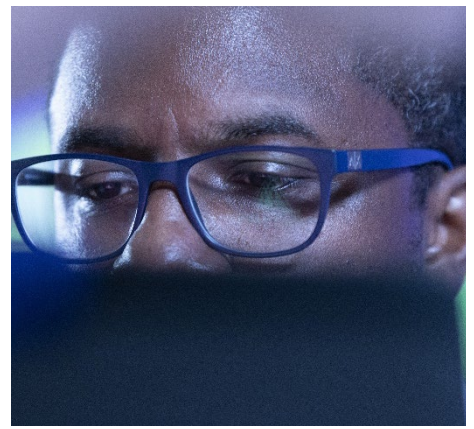
Embrace a Year of Comfort

Put an end to musculoskeletal pain and discomfort with these Northrop Grumman resources. [»](#)



Achieve Your Dream Career

Creating a career with boundless opportunity starts with the Career Development Hub. [»](#)



Start Fresh Financially

Take advantage of these Northrop Grumman resources to achieve financial freedom in 2024. [»](#)



WEBINAR SPOTLIGHT

Jan. 17 • 1 p.m. ET
Office Ergonomics and How to Reduce Discomfort

[Register Now »](#)

Jan. 24 • Noon and 3 p.m. ET
What Is Financial Wellness and Why Is It Important?

[Register Now »](#)

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

Special Announcements



Have you visited the newly updated [Total Rewards Gateway](#)? Explore this site to learn about all the benefits Northrop Grumman offers and to view the total value of your pay and benefits.



Starting this year, all benefits-eligible U.S. employees have access to a new healthcare navigation service! Create your [Quantum Health](#) account now.



Do you have a topic that you'd like to see covered in future issues? [Send us a note!](#) We're always looking for new ideas and would love to hear from you.

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