



March 2024



A Health Program Tailored to Meet Your Needs

Learn how Vida Health can help you set goals, track progress and create healthy habits that last.

[Read Now >>](#)



Protect Your Internal Clock

The importance of sleep for your total well-being and adjusting to daylight saving time.

[Read Now >>](#)



Blood Donation from a Trypanophobic

A first-hand account of participating in a blood donation event sponsored by Northrop Grumman.

[Read Now >>](#)



Recognition is Year-Round

See how we're celebrating our employees with appreciation events and recognition opportunities.

[Read Now >>](#)



WEBINAR SPOTLIGHT

March 20 • Noon and 3 p.m. ET
Fundamentals of Retirement Income Planning

[Register Now >>](#)

March 28 • Noon ET
The Science of Happiness

[Register Now >>](#)

View full list of **Total Rewards webinars** to support your well-being.

Special Announcements



Tax Day is April 15. If you're enrolled in the MetLife Legal Advantage plan, [login](#) to your account to access TurboTax for free.

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