

My Well-being

Quick Links

At Northrop Grumman, we strongly support your well-being in all facets of life. The My Well-being program includes information, resources and activities designed to help you and your family members improve your physical, emotional, social and financial health so you can get the most out of your personal and professional lives.

[Visit the Library to view Well-being Webinars and On Demand Library >](#)

Engage

Take control of your well-being with personalized advice and recommendations.

[Go There Now](#)



Emotional Well-being

Incorporating healthy practices and perspectives into life

- Support for Everyday Living
- Creating Work-Life Harmony
- Family Care Support
- Coaching & Counseling
- Webinars & Screenings
- Mindfulness Microbreaks
- Educational Resources
- Mental Health Resources

[Learn More](#)



Physical Well-being

Taking care of your body, understand and manage health conditions and thrive

- Expert Medical Opinion
- Telemedicine
- Well-being Incentive Program
- Health Coaching
- Weight Management
- Tobacco Cessation

[Learn More](#)



Financial Well-being

Achieving financial safety and security in pursuit of life goals

- Retirement Plans



Social Well-being

Building positive relationships, social stability and community connectivity

- Employee Resource Groups



Total Rewards Gateway

College Search

Learn More

Learn More



American Heart Association

Silver Recognition for Workplace Health Achievement – 2020

The American Heart Association has defined best practices for employers to use to build a culture of health for their employees in the workplace. The American Heart Association’s Workplace Health Achievement Index measures the extent to which the company has implemented those workplace health best practices. Companies recognized at the Silver level have achieved an Index score of 130 - 174 out of a maximum 217 points.

Resources

[Fidelity NetBenefits](#)

[Well-being Newsletter](#)

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[Someone Like Me](#)

[My Well-being](#)

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Need Help?

Call the Northrop Grumman Benefits Center (NGBC) at:

800-894-4194, Monday – Friday, 8:30 a.m. to 12:00 a.m. ET (most services)

International:

Dial the AT&T Direct Access number then dial 800-894-4194.

TTY service is available at 711.