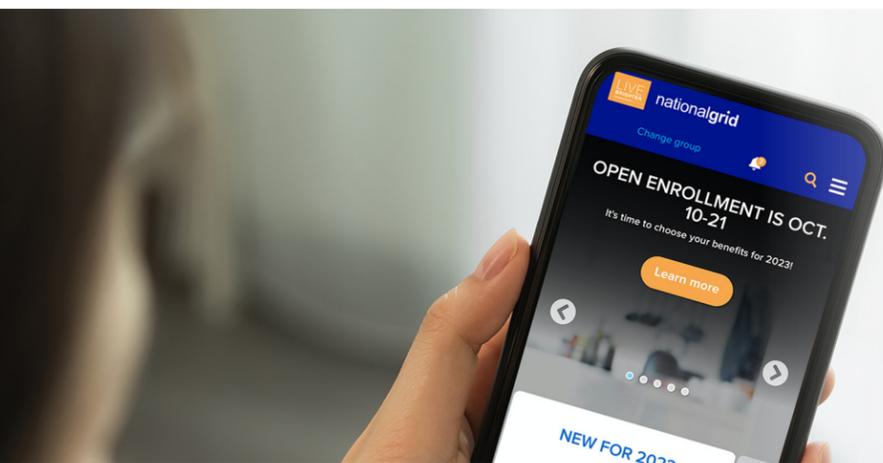


LIVE  
BRIGHTER

# Choose health

Open Enrollment is  
Oct. 10–21, 2022

You have access to a wide variety of benefits for your wellbeing, giving you the power of choice! Use the tools and resources we offer to choose the right coverage for your needs in 2023.



Scan this QR code with your smartphone to access your digital benefits guide now!



## 1 Access

your digital benefits guide at [ngbenefitslivebrighter.com](https://ngbenefitslivebrighter.com) to learn about your benefit options and see what's changing for 2023.

## 2 Enroll

in your 2023 benefits by Oct. 21 at [benefitservices.nationalgrid.com](https://benefitservices.nationalgrid.com).

## 3 Complete

your Wellbeing Program activities by Nov. 1 to earn rewards! Activity since Jan. 1 will count.

Log in at [member.virginpulse.com](https://member.virginpulse.com).

## Resources for your health and wallet



[member.virginpulse.com](https://member.virginpulse.com)

Wellbeing Program  
New users: Register at  
[join.virginpulse.com/ngwellbeing](https://join.virginpulse.com/ngwellbeing)



[metlife.com/nationalgrid](https://metlife.com/nationalgrid)

Accident insurance  
Critical Illness insurance  
Hospital Indemnity insurance  
Life insurance



[learn.healthequity.com/nationalgrid](https://learn.healthequity.com/nationalgrid)

Health Savings Account (HSA)  
Flexible Spending Accounts (FSAs):  
Health Care, Dependent Care and  
Limited Purpose

[ngbenefitslivebrighter.com](https://ngbenefitslivebrighter.com)

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