

401(k): Salem Health Retirement Plan

How to change your contribution

Log into www.netbenefits.com/SalemHealth.

If you've logged into Fidelity's website before, continue logging on with your username and password as shown in **option 1**.

If you've never logged into Fidelity's website, click on "Register" as shown in **option 2** and follow the screen prompts.

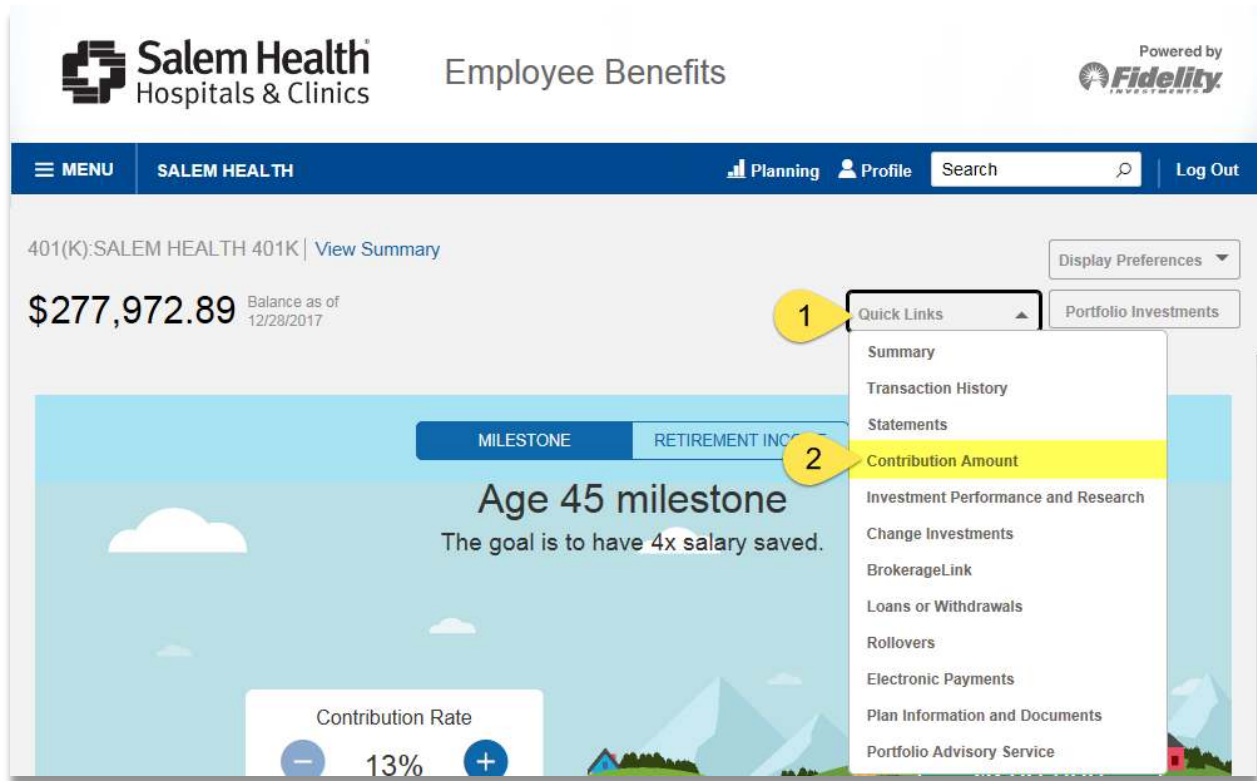
The screenshot shows the top section of the Salem Health Retirement Plan website. At the top, there is a login form with fields for 'Username' and 'Password', a 'Log in' button, and a 'Remember Me' checkbox. A yellow callout '1' points to the Username field, and another yellow callout '2' points to the 'Register' link. To the right of the login form are links for 'Need Help?' and 'Security Notice'. Below the login form is the Salem Health Hospitals & Clinics logo and the Fidelity Investments logo. A navigation bar contains links for 'Get Started', 'Plans & Investments', 'Tools & Resources', and 'Contact Us'. The main content area features a mountain graphic with three green callouts: 'I'm Just Starting', 'I'm Already Enrolled', and 'I'm Nearing Retirement'. The text reads 'Need to Step Up your retirement planning? Select your location for next steps'. Below this are three blue boxes: 'First Step' (Take advantage of your employer offered retirement savings plan), 'Learn More' (Explore the options of your workplace retirement savings plan), and 'Enroll Today' (The earlier you start saving, the more time your money has to grow). Each box has a 'Go' button.



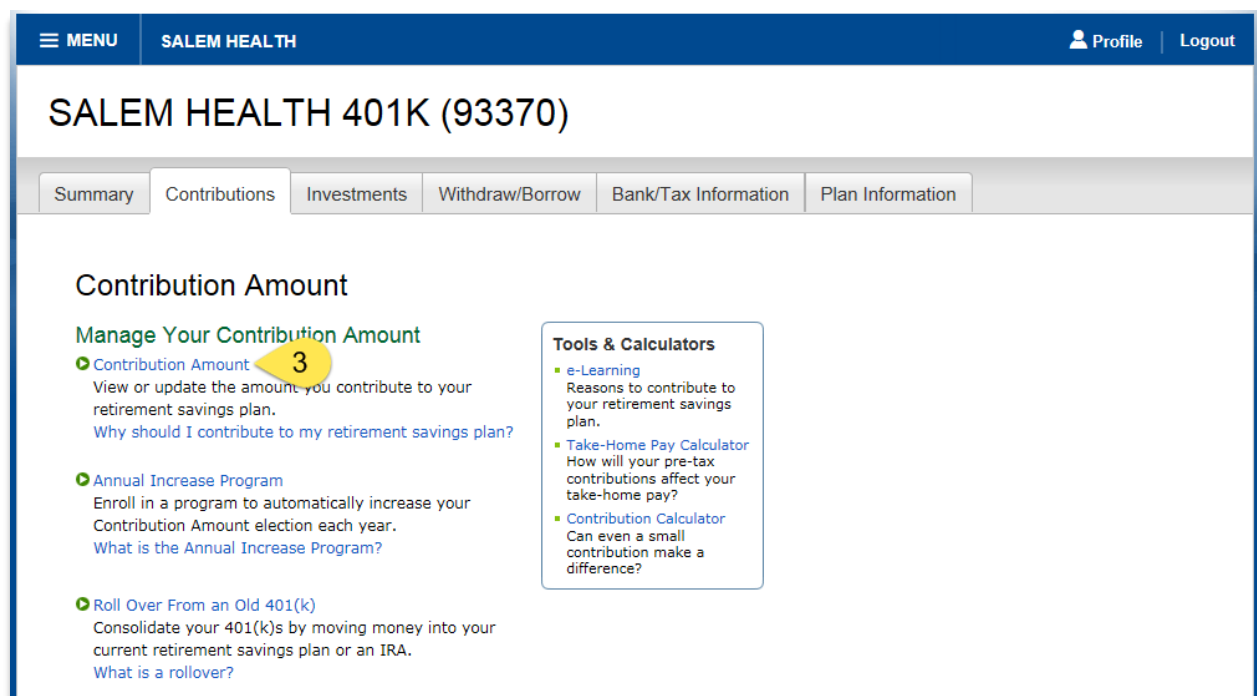
Recordkeeper: Fidelity Investments
Phone: 800-343-0860
Website: netbenefits.com/SalemHealth
Account number: your Social Security number

Once logged into the website and on your home screen:

1. Click on the Quick Links down button, then
2. Click on the Contribution Amount option



3. Click on Contribution Amount



4. Enter the amount that you'd like to contribute
5. Click on "Change Contribution Amount"

Summary Contributions Investments Withdraw/Borrow Bank/Tax Information Plan Information

Contribution Amount per Pay Period

Consider This...

- Fidelity suggests most people need to save at least 10-15% of their income each year for retirement.
- Complement your workplace savings plan with an IRA. [Learn more about IRAs](#)

[View your plan's guidelines](#)

Have a retirement account from a former employer?

[Simplify your finances by rolling it over now.](#)

Tools & Calculators

Learn about your Contribution Amount

- [e-Learning](#)
Reasons to contribute to your retirement savings plan.
- [Take-Home Pay Calculator](#)
How will your pre-tax contributions affect your take-home pay?
- [Contributions Calculator](#)
Can even a small contribution make a difference?

Contribution Amount

PRE-TAX

Current Election 6 %

Desired Election **4** 15 %
(0% to 70% in increments of 1%)

Contribution Amount Total

Current Election 6 %

Desired Election 6 %
(0% to 70%)

Your changes will generally take effect in 1 to 2 pay periods depending upon when your employer makes your requested payroll change.

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6. Click on Submit

SALEM HEALTH | Logout

Review and Submit Contribution Amount

Your changes appear below. To complete your transaction, click Submit. To change your contribution amount, click Previous.

Your Contribution Amount per Pay Period

Contributions	Current	Desired
Contribution Amount		
PRE-TAX	6%	15%
Contribution Amount Total	6%	15%

When you click Submit, a confirmation page will be displayed, which you may print and save for your records.

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[Cancel Changes to Contribution Amount](#)

Questions? Call (800) 343-0860

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7. Follow any prompts thereafter if instructed.