

How to Register and Access Your Salem Health Retirement Plans Online



Your Salem Health Retirement Plans are important benefits. You need the right information, resources, and support to help you make decisions with confidence.

Visit www.netbenefits.com/SalemHealth to view your Plan details all in one place. You can also call the Retirement Service Center at **800-343-0860** for assistance, Monday through Friday from 5:30 a.m. to 9:00 p.m. PT.

How to Register for Your NetBenefits® Account for the First Time

1. To register for your account, visit www.netbenefits.com/SalemHealth.
2. Click on the *Register* link and follow the prompts to establish a NetBenefits username and password.



If you already have a username and password for Fidelity.com or NetBenefits, you may log on by using that information. If you have forgotten your username and/or password, click *Need Help?* and follow the prompts.

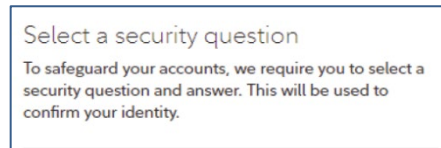
3. Verify your identity and enter in the following required fields:
 - Your first and last name
 - Your date of birth
 - Last four digits of your Social Security number



4. Enter a username and create a password.



5. Select a security question.



6. Registration successful. Click *Continue* to view your NetBenefits home page.



Important

The registration experience for participants registering as new users on NetBenefits is subject to ongoing enhancements designed to guard against the risk of fraudulent activity. Required information during registration allows Fidelity to better protect your account and for you to take advantage of security features such as two-factor authentication and real-time alerts to protect from potential fraud and risk.

To Enroll

1. Visit www.netbenefits.com/SalemHealth.
2. Select *Start Now*. You will be directed to the login steps for NetBenefits.
3. Once you are logged in to NetBenefits, select the Salem Health 401(k) Plan and click *Enroll*.
4. Select *Begin* to enroll and follow the prompts.



How to Change Your 401(k) Plan Contribution Amount

Whether you are enrolling for the first time, have already maximized your allowed contributions for the year and need to stop contributing, or simply just want to change the amount you're saving, you can update your contribution amount online at any time.

1. Log on to your account at www.netbenefits.com/SalemHealth with your NetBenefits username and password.
2. From the home page, click the *Quick Links* drop-down menu next to the 401(k) Plan and select *Contribution Amount*.



3. Enter the desired election amount. Click *Change Contribution Amount*.

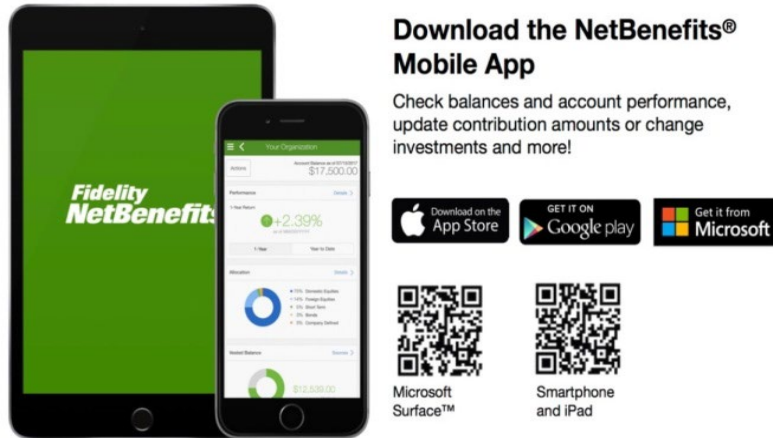
The image shows a 'Contribution Amount per Pay Period' form. It has three main sections: VOLUNTARY, ROTH, and a 'Have a retirement account from a former employer?' section. Each section has 'Current Election' and 'Desired Election' fields. The 'VOLUNTARY' section has a percentage-based election (0% to 100% in 1% increments) and a dollar-based election (\$0 to \$27,000 in increments of \$1). The 'ROTH' section has a similar structure. A 'Change Contribution Amount' button is at the bottom. A 'Tools & Calculators' sidebar is on the right.

4. *Contribution Amount Confirmation* will appear for you to print for your records.

The image shows a 'Contribution Amount Confirmation' page. It contains the following text: 'On May 7, 2021 at 10:25:19 AM your Contribution Amount elections were updated. Your changes will generally take effect in 1 to 2 pay periods depending upon when your employer makes your requested payroll change. Please print and save this confirmation for your records before leaving this page. Your confirmation number is 142891445W649. Please make sure your e-mail address is valid. After this transaction has been processed, we will send an e-mail notification to jake@theta.org, including a link to details of your latest transaction(s). Update my e-mail address'.

Go Mobile App

Download the free **NetBenefits® Mobile App** to check your Salem Health Retirement Plan balances, select investment options, or change balances among investments and more!



The advertisement features a tablet and a smartphone displaying the Fidelity NetBenefits app interface. The tablet screen shows the app logo on a green background. The smartphone screen displays account information, including a balance of \$17,500.00 and a return of +2.39%. To the right of the devices, the text reads: "Download the NetBenefits® Mobile App" followed by "Check balances and account performance, update contribution amounts or change investments and more!". Below this text are three download buttons: "Download on the App Store", "GET IT ON Google play", and "Get it from Microsoft". At the bottom, there are two QR codes labeled "Microsoft Surface™" and "Smartphone and iPad".

Need Help?

Call **800-343-0860** to speak with a Fidelity Representative, Monday through Friday from 5:30 a.m. to 9:00 p.m. PT.

You can also visit www.netbenefits.com/SalemHealth to view plan details.

Investing involves risk, including risk of loss.

Screenshots are for illustrative purposes only.

System availability and response times may be subject to market conditions.

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