

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 **option 1** shown in the screen below

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

Fidelity NetBenefits®

FAQs

The screenshot shows the Fidelity NetBenefits login page. A white login box is centered on a light gray background. Inside the box, the title 'Log in' is at the top. Below it are two input fields: 'Username' and 'Password'. The 'Password' field has a toggle icon on the right. Below the fields is a checkbox labeled 'Remember my username'. At the bottom of the box is a green 'Log in' button. Below the button is a link that says 'Forgot username or password?'. Below the login box, on the gray background, is a link that says 'New to Fidelity NetBenefits®? Register as a new user'. Two orange callout boxes with numbers are overlaid: Callout 1 points to the 'Log in' box, and Callout 2 points to the 'Register as a new user' link.

Once logged into the website and on your home screen:

1. Under Take action, click on Manage contributions

Search

SALEM HEALTH

Log out

Home

Accounts & Benefits

Plan & Learn

Your portfolio

\$

Balance as of

View investments

Set goals, track your progress, and take control. [Manage your plan](#)

Your accounts and benefits

[Name and hide accounts](#)

Retirement savings

SALEM HEALTH 401K

\$

401(k): 93370

Take action

Manage contributions

Manage investments

View your statements

Take a loan or withdrawal

Attention: You may be missing out on a plan benefit available to you.

Learn more

Your retirement savings milestone

Settings

\$84,262

goal

\$279K

Contribution rate

Retirement age

8%

per paycheck

67

Balance today

Projected balance at 40

Savings goal at 40

\$

\$

\$

Review contributions

2. Enter the desired election percentage and submit

401(k): Salem Health Retirement Plan – Contribution Changes

10/08/2024

Contribution Amount per Pay Period

i Consider This...

- Find out how much you can save for retirement - [Learn about IRS limits](#)
- Save at least 15% of your income each year for retirement. This includes all retirement savings across different accounts plus any employer contributions.

 [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](#)

- [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?
- [Roth Contribution Modeler](#)
Find out if after-tax Roth contributions may be right for you.

Contribution Amount

PRE-TAX DEFERRAL

Current Election 0 %

Desired Election %

(0% to 75% in increments of 1%)

ROTH DEFERRAL

Current Election 0 %

Desired Election %

(0% to 75% in increments of 1%)

Contribution Amount Total

Current Election 0 %

Desired Election 0 %

(0% to 75%)

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

Change Contribution Amount

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	8%	8%
Contribution Amount Total	8%	8%

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

Previous

Submit

 [Cancel Changes to Contribution Amount](#)

Questions? Call (800) 343-0860

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IA=1 RM=1 WT=1 SS=2 SZ=3 CL=1

Contribution Amount Confirmation

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.

[Print](#)

Your confirmation number is

Please make sure your e-mail address is valid.

After this transaction has been processed, we will send an e-mail notification to : including a link to details of your latest transaction(s).

 [Update my e-mail address](#)

Your Contribution Amount per Pay Period

Contributions	Desired
Contribution Amount	
PRE-TAX	8%
Contribution Amount Total	8%

Next Steps

 Automatically increase your savings as your salary increases to help reach your goals.
[Go to Annual Increase Program.](#)

 The market will affect your investments.
[View and update your investment elections.](#)

 [Return to Contribution Amount](#)

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IA=1 RM=1 WT=1 SS=2 SZ=3 CL=1

3. Follow any prompts thereafter if instructed.