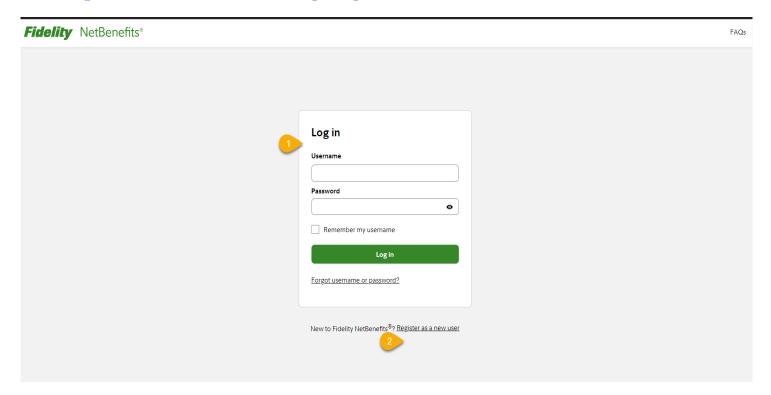
401(k): Salem Health Retirement Plan How to change your contribution

Log into www.netbenefits.com/SalemHealth.

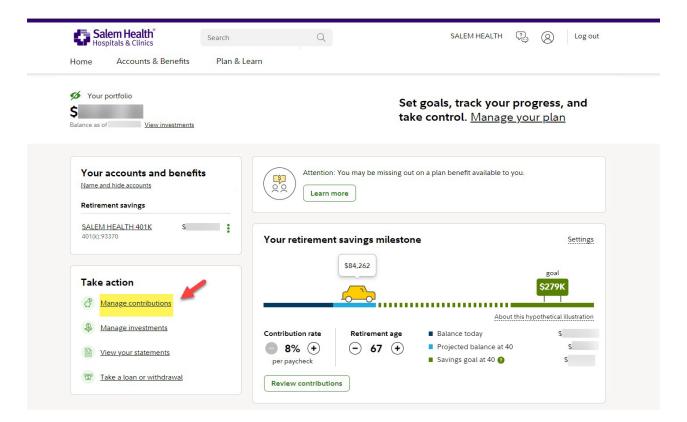
<u>If you've logged into</u> Fidelity's website before, continue logging on with your username and password **option 1** shown in the screen below

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



Once logged into the website and on your home screen:

1. Under Take action, click on Manage contributions



2. Enter the desired election percentage and submit

Contribution Amount per Pay Period

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

Contribution Amount PRE-TAX DEFERRAL 0 % Current Election 0 % Desired Election (0% to 75% in increments of 1%) ROTH DEFERRAL 0 % Current Election Desired Election 0 % (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

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.

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.



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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

Questions? Call (800) 343-0860

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

3.	Follow any prompts thereafter if instructed.