

Welcome to the USNH 403(b) and 457(b) Retirement Plans! Start investing in your future—and yourself—today. The Plans offer Fidelity Investments® and TIAA as retirement service providers.

All enrollments are completed by logging on to NetBenefits® at _____. You can also enroll by calling the Retirement Service Center at _____.

To view investment options for both Fidelity and TIAA, visit _____ and click the Plans & Investments tab.

Enroll in 3 easy steps-

1. Choose the amount you wish to contribute to the Plan
2. Choose a retirement service provider (Fidelity Investments or TIAA)
3. Choose your investments options

Status benefits-eligible and Adjunct faculty and staff members may participate in the

: Set the contribution percentage (deferral) you wish to direct from your paycheck to the Plan. You may choose Pretax or Roth contributions. You must contribute 6% before choosing a supplemental deferral amount. Your total deferral cannot exceed 70%.

Contribution Amount	
Type	Desired Contribution per Pay Period
PRE-TAX CONTRIBUTION 2.50% to 6.00% in increments of 0.10%	<input type="text" value="0.00"/> %
PRE-TAX SUPPLEMENTAL 0.10% to 64.00% in increments of 0.10%	<input type="text" value="0.00"/> %
ROTH CONTRIBUTION 2.50% to 6.00% in increments of 0.10%	<input type="text" value="0.00"/> %
ROTH SUPPLEMENTAL 0.10% to 64.00% in increments of 0.10%	<input type="text" value="0.00"/> %
Contribution Amount Total	<input type="text" value="0.00"/> %

: Select your Retirement Provider (Fidelity or TIAA).

You can direct 100% of your contribution to one provider or split your deferral election to contribute a portion to each retirement provider. For example; if you set a 6% deferral election you can then elect to direct 50% of your deferrals (3%) to Fidelity and the other 50% to TIAA. Or any other split you prefer.

Select Retirement Providers

Select how much of your retirement contribution you would like to allocate to each retirement provider

Your contributions are allocated across the retirement providers as shown below. You can maintain these allocations, or change them.

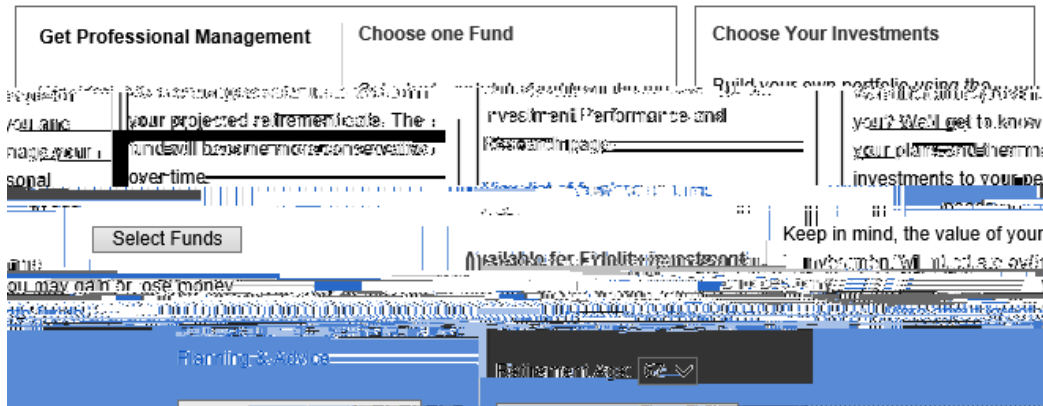
Your elections will be applied to the following contributions: **PRE-TAX CONTRIBUTION, PRE-TAX SUPPLEMENTAL, AFTER-TAX - DO NOT USE, ER MATCHING CONTRIBUTION, ROTH CONTRIBUTION, ROTH SUPPLEMENTAL.**
[Make elections for each type of contribution separately](#)

Provider	Desired % (In increments of 1%)
Fidelity Investments	<input type="text" value="50"/> %
TIAA	<input type="text" value="50"/> %
Total (must equal 100%)	<input type="text" value="100"/> %

[Continue](#)

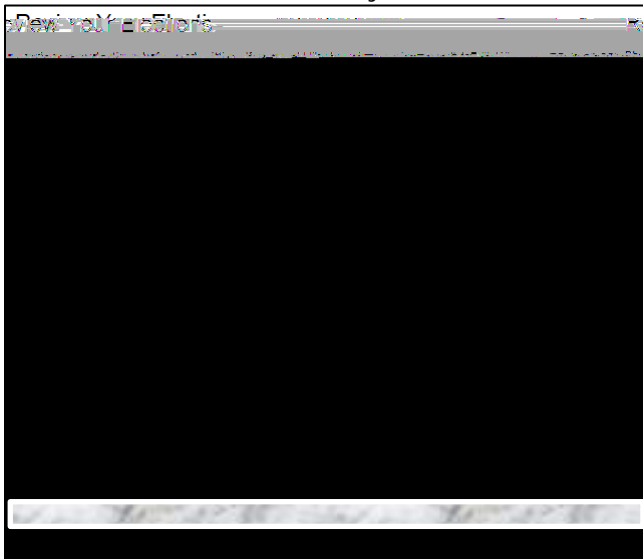
If you wish to direct your personal contributions to the Plan differently than contributions from USNH, click "Make elections for each type of contribution separately" as noted above with the arrow.

Do it for me

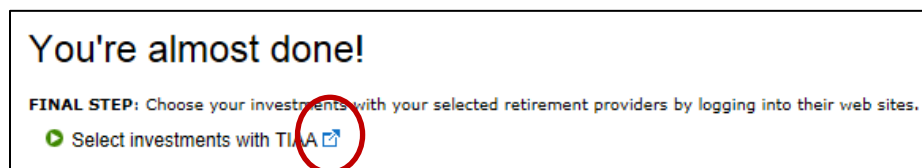


Do it myself

: Review and submit your elections.



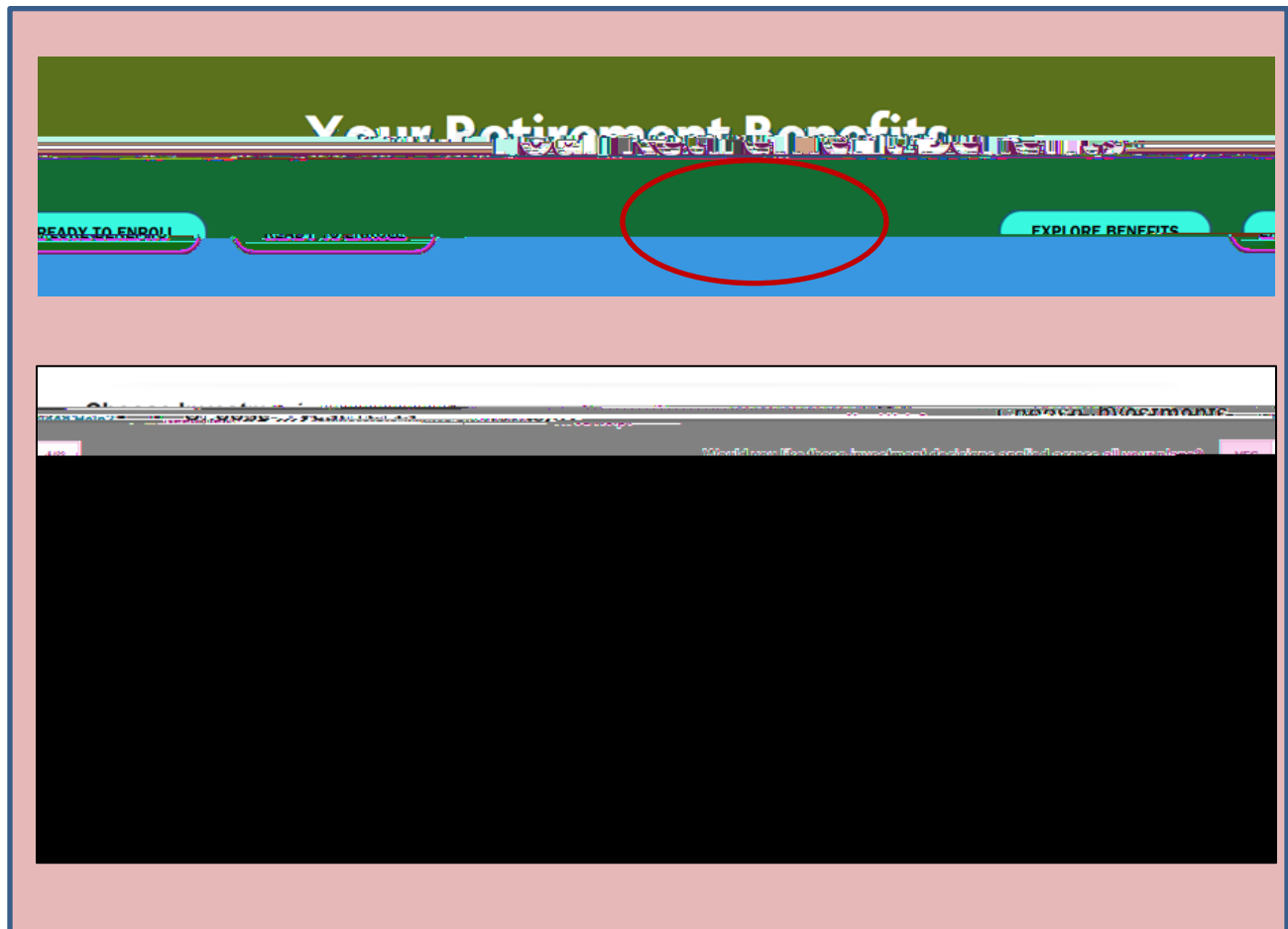
After submitting your elections, if you elected to direct deferrals to TIAA, use the pop-up link (the blue box with the arrow in it) to continue to the TIAA website to choose your investments with TIAA.



On the home page at _____, select the "Ready to Enroll" button and follow the prompts. If this is the first time using the TIAA website you will need to create a web ID. The Username you created at the beginning of your enrollment does not automatically set up on the TIAA website.

- Select your location.
- Select the plan(s) in which you wish to enroll.
- Register with TIAA or log in if you have an existing web ID with TIAA.

Then, choose your investment choices with TIAA using one of the 3 methods. Follow the prompts and print out the confirmation page for your records.



1. Designate your beneficiaries.
2. Set your mail preferences (email or print).
3. Schedule an individual consultation with a TIAA or Fidelity representative to get answers to any retirement planning questions you may have.

, please contact the Fidelity Retirement Service Center at 800-343-0860. Service Representatives are available Monday through Friday (excluding New York Stock Exchange holidays) from 8 a.m. to Midnight Eastern time.

please go online at or call 800-842-2252, weekdays from 8 a.m. to 10 p.m., or Saturday, 9 a.m. to 6 p.m. Eastern time.

Investing involves risk, including risk of loss.