



TO WEALTH.

TO HEALTH.

AND MORE OF EACH.



Your guide to the Northwestern Medical Center, Inc. 403(b) Plan



Brighten Your Outlook®

Welcome to the Northwestern Medical Center, Inc. 403(b) Plan. Northwestern Medical Center, Inc. 403(b) Plan has partnered with Transamerica who has more than 75 years of experience in retirement services, and is dedicated to helping you from the day you start saving to the day you retire—and every day after that. This guide provides tools and information to develop your retirement savings strategy quickly and easily.

What you should know

You have a valuable benefit. Retirement might seem like a subject for another day, but your company provided retirement plan is an important benefit you shouldn't overlook. Your plan offers a powerful way to enhance your long-term financial well-being —by investing in yourself. It helps you brighten *Your Retirement Outlook®* (our barometer of your progress toward retirement readiness) to handle what could be the biggest expense of your life.

You'll get some powerful planning tools. On your **plan website**, **transamerica.com/portal/nmcretirement**, you'll find what you need to make smart decisions, from our interactive tools to our automated investment services. The Transamerica app lets you put your plan in your pocket. And no matter how you access your account, you'll always know Your Retirement Outlook with a personalized "weather icon" (rainy, cloudy, partly sunny, or sunny) that makes it easy to see if your strategy has you on course toward your retirement income goal—or if you need to take action.

We're here to help. From easy-to-understand education to customer service, we'll be with you every step of the way to and throughout retirement, and with our affordable *Managed Advice®* service, you can get personalized advice on how much to contribute, how to invest, and when to retire! For help with your account, call a *Managed Advice* retirement planning consultant toll-free at **844-622-2133**.

What you should do

Your account will be created. Enrollment is automatic, so there are no forms to complete. You will be automatically enrolled in the plan after you become eligible or 30 days after your date of hire, whichever is later. Unless you make an alternative election (or affirmatively opt-out), 2% of your pay will be deducted from your paycheck each pay period on a pretax basis and contributed to your account automatically.

Set up your online access. Follow the instructions to create a username and password, then follow the enrollment path to choose contributions, investments, and more, or **call our toll-free number** (follow the prompts to access and secure your account using your voice).

Determine your Deferred Salary contribution rate. Contributing 2% is a good start. However, experts agree that most people will need to contribute at *least* 10% of pay to meet their income needs throughout retirement. Think about contributing at least enough to take advantage of your employer's full matching contribution. The tools on your plan website can help you decide how much to save.

Make sure you're saving enough. If your target seems out of reach, our annual **auto-increase** service can help you get there gradually. Get started by signing in to your account; from the Manage menu, select "Contributions" then elect "auto-increase." Participants should evaluate their ability to continue the auto-increase service in the event of a prolonged market decline, unexpected expenses, or an unforeseeable emergency.

If you'll be at least age 50 this year, you may be able to make extra **"catch-up"** contributions above the regular IRS limit.

If you have completed at least 15 years of service with your employer and have not contributed the maximum allowed in previous year(s), you may be able to make extra "catch-up" contributions to your account above the regular IRS limit.

Determine your investing style. Your plan enables you to diversify and rebalance your investments by making a single decision—or you can build your own portfolio by choosing among a wide range of carefully screened investment options.

Complete your retirement profile in our **OnTrack®** tool for a comprehensive view of *Your Retirement Outlook®* and specific ways you may be able to improve it. To get started, sign in to your account and click "Update" on your Account Overview page or "OnTrack" in the Resource Center menu.

Name your beneficiaries. This simple but important step ensures your account assets will go where you choose in the event of your death. Look for "Beneficiaries" in your account Home menu on your plan website.

Sign up for e-documents. Electronic delivery of statements, confirmations, notices, and investment materials can save you time and reduce your clutter.

Consider consolidating. If you have retirement accounts with other financial providers or in IRAs, you may **roll over**, or transfer, any portion of your balances to your plan account at any time. This could make planning easier, simplify your finances, and offer other benefits. Just make sure to review transfer fees other providers may impose, and consider whether a move would change features or benefits that may be important to you. For step-by-step guidance, email us at consolidate@transamerica.com or call **800-275-8714**.

Employer-sponsored retirement plans may have features that you may find beneficial such as access to institutional funds, fiduciary selected investments, and other ERISA protections not afforded other investors. In deciding whether to do a rollover from a retirement plan, be sure to consider whether the asset transfer changes any features or benefits that may be important to you. Review the fees and expenses you pay, including any charges associated with transferring your account, to see if rolling over into an IRA or consolidating your accounts could help reduce your costs.

The material in this retirement plan guide was prepared for general distribution. It is being provided for informational purposes only and should not be viewed as an investment recommendation. If you need advice regarding your particular investment needs, contact your financial professional.

Plan highlights for the Northwestern Medical Center, Inc. 403(b) Plan

These highlights represent only an overview of plan provisions. For full details, including any conditions or restrictions, please refer to the Summary Plan Description (SPD) available from your benefits office.

Your contributions

Deferred Salary

Roth Salary Deferral

Eligibility

You are immediately eligible for this contribution.

Automatic enrollment

Once you're eligible, unless you choose otherwise you will be automatically enrolled in this plan with contributions deducted from your pay before taxes at 2%, and your contributions will be allocated to the plan's "default" investment chosen by your plan sponsor. This will start as soon as administratively feasible after your plan entry date or 30 days after your date of hire, whichever is later. Also, *unless you change your contributions*, your savings rate will increase automatically each year until it reaches the rate shown below.

Starting contribution rate: 2%

Annual increase: 1%

Increase will occur: on the first day of the plan year

Increases will stop when contributions reach: 4%

Contribution limits

Your traditional contributions are deducted from your paycheck before taxes each pay period. The IRS limit for 2022 is \$20,500. The IRS catchup limit for 2022 is \$6,500. If you have completed at least 15 years of service with your employer and have not contributed the maximum allowed in previous year(s), you may be able to make extra "catch-up" contributions to your account. Your annual catch-up limit under this rule (\$15,000 lifetime) is determined by a formula based on your years of service and previous contributions. If you qualify for both types of catch up contributions, you must make the maximum "15-year" contributions before you can take advantage of "age 50" contributions. Please contact your Benefits Office for details.

Your plan allows you to contribute up to the maximum allowed by law.

- You may elect to increase, decrease, or stop your contributions at any time. Changes will go into effect as soon as administratively feasible.
- Also, your plan offers the auto-increase service, which lets you schedule automatic annual increases to your contribution rate by an amount you choose. (You can sign up, make changes, or cancel online.)

Deferred Salary contribution or Roth Contributions?

You may save with traditional before tax dollars, after-tax Roth dollars, or a combination of both, up to the overall limits noted previously. In general, which to choose depends on whether you think you'll be in a higher or lower federal tax bracket when you withdraw your money than you are now. The Roth calculator on your plan website can help you determine which may be right for you.



Vesting

Vesting refers to your "ownership" of your account—the portion to which you are entitled. You are always 100% vested in your own contributions plus any earnings on them (including any rollover or transfer contributions you have made).

Northwestern Medical Center, Inc. 403(b) Plan contributions

Matching contribution

Employer Match

Eligibility

You are immediately eligible for this contribution.

Contribution Amount

Northwestern Medical Center, Inc. 403(b) Plan may make a discretionary matching contribution on your behalf.

Vesting

You are always 100% vested in the Employer Match contributions.

Non-Matching Contribution

Qualified Non-Elective

Eligibility

You are immediately eligible for this contribution.

Contribution Amount

Whether or not you contribute to your account, Northwestern Medical Center, Inc. 403(b) Plan will make a qualified nonelective contribution on your behalf based on the following formula: Discretionary.

Vesting

You are always 100% vested in the Qualified Non-Elective contributions.

Additional plan details

Note: You may *not* participate in the plan if you are:

- Non-common law employee
- Independent contractors
- Employed by a member of the employer's controlled group that does not adopt the plan

Investment choices

You decide how your account will be invested among the available choices.

For detailed, up-to-date information on the investment options in your plan, including possible trading restrictions, please visit transamerica.com/portal/nmcretirement.



Northwestern Medical Center, Inc. 403(b) Plan has chosen a default investment option, also known as a Qualified Default Investment Alternative (QDIA), which was selected for you in accordance with section 404(c)(5) of ERISA and other legal regulations. Even though you did not make an affirmative investment election, the plan fiduciary is not liable for any losses that result from investing your assets in the QDIA. This relief from liability applies whether or not the plan is intended to be a 404(c) plan. Unless you choose otherwise, your account will be invested in the QDIA, T. Rowe Price Retirement I Target Date Funds, which is a group of single target date funds; one will be chosen based on your assumed retirement age of 65.

The way contributions are invested in your account is referred to as your "investment allocation." You may change your allocation at any time.

In addition, you may transfer existing balances among your investment choices at any time (transfers may be subject to certain restrictions).

Target Date Funds: *These options generally invest in a mix of stocks, bonds, cash equivalents, and potentially other asset classes, either directly or via underlying investments, and may be subject to all of the risks of these asset classes. The allocations become more conservative over time: the percentage of assets allocated to stocks will decrease while the percentage allocated to bonds will increase as the target date approaches. The higher the allocation is to stocks, the greater the risk. The principal value of the investment option is never guaranteed, including at and after the target date.*

Loans

You may borrow from your account based on the following provisions (as a general rule, loans should be taken from retirement savings only as a last resort):

Minimum loan amount: \$1,000

You are only allowed 50% of your vested balance for a loan amount, this amount must be equal or greater than the loan minimum.

Maximum loan amount: the lesser amount of 50% of your vested account balance or \$50,000 reduced by the highest outstanding loan balance in the past year.

Interest rate: Prime interest rate plus 1%

Loan term: General loan: 1 - 5 Years

Home loan: 6 - 5 Years

Outstanding loans allowed: 1

Withdrawals and distributions

In service

You may withdraw your vested balance while employed if you:

- Are at least age 59½
- Have certain contributions which allow in-service withdrawals at any time
- Experience financial hardship as defined in your Summary Plan Description

After service

You may take distributions of vested funds from your account if you:

- Retire at the plan's normal retirement age of 65
- Terminate employment
- Become disabled



In addition, upon your death, your designated beneficiaries will receive any vested amount remaining in your account.

Generally you must take a required minimum distribution (RMD) from the plan if you are no longer actively employed as of April 1 of the year following the year you turn age 72.

Expenses and fees

Your costs to participate in the plan may include:

- General plan administrative fees for ongoing services such as recordkeeping, website management, and communication services.
- Investment expenses for operating and management expenses charged by the investment providers.
- Service fees on individual transactions initiated by you such as loans, certain withdrawals, overnight payments, etc.
- Also, in some cases your account may receive plan service credits if revenue we receive from fund companies toward plan administration is greater than the annual administrative fee.

For details on administrative fees and credits (if applicable), please see "Important Information Regarding your Plan" at the end of this guide or on the "Fund and Fee Information" in the Review menu of your plan website. Except for investment expenses, which are deducted from the investments you hold and reflected in your investment returns, actual fees and credits will appear on your quarterly account statements.

404(c) Notice

Your plan is intended to comply with ERISA section 404(c) and final regulation 2550.404c-1 of the Internal Revenue Code. This means you have the flexibility (and responsibility) to choose among the investment options provided under the plan in a way that best meets your objectives. In general, by providing you with this ability and a variety of investment choices, neither your plan sponsor nor Transamerica is liable for any losses that occur as a direct result of investing in the available options as directed by you or your beneficiary.

In addition to the information in this guide, you can obtain, upon request:

- Prospectuses, summary prospectuses, or similar documents relating to each investment option.
- Financial statements or reports or similar materials relating to each investment option.
- Information regarding the value of shares or units in the investment options as well as the date of valuation. (Please see your account statement.)
- A list of the assets comprising the portfolio of each investment option which will constitute "plan assets" under Reg. 2510.3-101, and the value of each such asset.

For any of the above, please contact:

Louise Rocheleau
HR Benefit Specialist
Northwestern Medical Center, Inc.
133 Fairfield Street
St. Albans, VT 05478
Phone: 802-488-8742



Important: The projections or other information generated by the engine regarding the likelihood of various investment outcomes are hypothetical, do not reflect actual investment results, and are not guarantees of future results. Results derived from the tool may vary with each use and over time. Please visit transamerica.com/portal/nmcretirement for details on the criteria and methodology used, the tool's limitations and key assumptions, and other important information.

You should evaluate your ability to continue the auto-increase service in the event of a prolonged market decline, unexpected expenses, or an unforeseeable emergency. Matching contributions are subject to plan vesting requirements. Descriptions of plan features and benefits are subject to the plan document, which will govern in the event of any inconsistencies.

Securities offered by Transamerica Investors Securities Corporation (TISC), 440 Mamaroneck Avenue, Harrison, NY 10528. Northwestern Medical Center, Inc. 403(b) Plan has selected Transamerica Retirement Solutions as your retirement plan provider, but there are no other affiliations between Northwestern Medical Center, Inc. 403(b) Plan and Transamerica or its affiliate, TISC.

Your income goal

Most of your retirement income will come from you. Social Security covers only about 33%* of the average retiree's income. For 2020, the typical Social Security benefit was around \$1,544 a month, or slightly over \$18,500 a year. And while some people will receive pension benefits from current or former employer(s), most of your retirement income will likely come from your own savings and investments. This makes it critical that you do as much as you can now to save for your future.

* "Social Security Fact Sheet," Social Security Administration, 2020

How much is enough?

A common rule of thumb is that you'll need to replace 80% of your final working salary to maintain your living standard in retirement—though you could need more or may be able to get by on less. To get there, many financial experts recommend that you steer 10% to 15% of your pay toward retirement. However, everyone's situation is different. The **Retirement Outlook Estimator**SM tool (in the Resource Center of your plan website) can help you personalize your goal. What's more, if you use the *Managed Advice*[®] service on the website, you'll see a recommended contribution rate and retirement age for your situation, and for even more personalized support, you can get one-on-one access to our retirement planning consultants.

Getting your contribution rate to where it should be can seem like a difficult leap from where you stand. So, consider using our auto-increase scheduler to raise your plan contributions gradually — once a year by an amount that's easy to handle, on a date that's easy to remember (say, 2% on your birthday). Thanks to compounding (the earnings on your earnings), even small, regular increases can make a big difference over time. In fact, the sooner you start saving, the less you may have to save to reach your goal.



Your investment strategy

If you are automatically enrolled you will be assigned to a "default" investment option for all contributions: T. Rowe Price Retirement I Target Date Funds. To make a different choice, read on!

Asset allocation and diversification

Spreading your risk among different types of investment options is important for building a nest egg that will meet your needs throughout retirement. This way, temporary downturns in one type of investment may not affect your whole retirement savings account. To do so, you should familiarize yourself with two key concepts:

- **Asset allocation**, an overall strategy for dividing your investments across the major asset classes (stocks/equities, bonds/fixed income, and cash equivalents); and
- **Diversification**, or dividing your investments within those classes (for example, among domestic and foreign stocks, shares of large and small companies, bonds of different qualities and terms).

Asset allocation and diversification do not assure or guarantee better performance, cannot eliminate the risk of investment losses, and do not protect against an overall declining market.

Your strategy should depend upon two factors:

- Your **time horizon** (how long you have until you'll need the money); and
- Your **risk tolerance** (how well you tend to handle the market's ups and downs).

In general, the longer your time horizon and higher your risk tolerance, the more you may want to focus on stocks, which have outperformed other types of investments over time periods of 20 years or more.



Your plan offers two ways to diversify your investments:

1) Make a single decision

Target Date funds

Each fund targets its investment mix to a specific year. The fund's manager chooses and rebalances its holdings based on your time horizon: the farther away from the target date, the more the fund will focus on more aggressive stock investments; as the target date approaches, the managers gradually shift their focus toward more conservative bond investments on a schedule called a "glide path." Each fund is designed as a total investment solution, meant for 100% of your account.

If you are automatically enrolled you will be assigned to the fund whose target is closest to the year in which you will turn 65, but you can choose a different fund if you wish. For example, to seek higher long-term gains with higher risk, you might consider a fund whose target is five years later than yours.

(See below for general guidelines; full fund profiles are on your plan website.)

T. Rowe Price Retirement I 2005 I	T. Rowe Price Retirement I 2040 I
T. Rowe Price Retirement I 2010 I	T. Rowe Price Retirement I 2045 I
T. Rowe Price Retirement I 2015 I	T. Rowe Price Retirement I 2050 I
T. Rowe Price Retirement I 2020 I	T. Rowe Price Retirement I 2055 I
T. Rowe Price Retirement I 2025 I	T. Rowe Price Retirement I 2060 I
T. Rowe Price Retirement I 2030 I	T. Rowe Price Retirement I 2065 I
T. Rowe Price Retirement I 2035 I	

Target Date Funds: *These options generally invest in a mix of stocks, bonds, cash equivalents, and potentially other asset classes, either directly or via underlying investments, and may be subject to all of the risks of these asset classes. The allocations become more conservative over time: the percentage of assets allocated to stocks will decrease while the percentage allocated to bonds will increase as the target date approaches. The higher the allocation is to stocks, the greater the risk. The principal value of the investment option is never guaranteed, including at and after the target date.*

Managed Advice®

Managed Advice® is an easy-to-use, managed account and advice service that uses advanced research and technology to create a personalized retirement strategy just for you. This strategy is based on the pillars of professional retirement planning.

- Provides investment portfolios customized to your unique situation.
- One-on-one access to a retirement planning consultant within the Transamerica Advice Center.
- Periodic rebalancing, reallocation, and diversification to ensure your investments remain suited to match your retirement goals.
- Personalized reviews to measure how you're doing along the way to retirement.
- Holistic recommendations to achieve retirement income goals, including how much to contribute and when to retire.

DIVERSIFY



Take advantage of *Managed Advice*®

If you haven't set up your account on your plan website, go to transamerica.com/portal/nmcretirement, click "New user?" and follow the instructions to create a username and password. Choose your contribute rate and investing strategy (*Managed Advice*). Then click "Accept & Continue" and complete your *Managed Advice* profile.

If you've already set up your account online, sign in, go to the Manage menu, click *Managed Advice*, and follow the instructions to get complete your *Managed Advice* profile.

Need help? Call a *Managed Advice* retirement advisor toll-free at 844-622-2133.

Currently the monthly fee is no more than \$0.38 (\$4.50 annually) for every \$1,000 in your account. Fees charged by the underlying funds in which you invest will still apply. You can cancel anytime without penalty. **See more about *Managed Advice* in the Important Disclosure section that follows.**

2) Build your own portfolio

You can build your own portfolio by choosing among the "core" funds in your plan. Your plan offers a wide range of choices that enable you to diversify among various asset classes and investment styles. (Full fund profiles are available on your plan website.)

Once you determine the investment mix that is right for you, your plan's auto-rebalance service can help you maintain your mix automatically (sign up on your plan website). To create your portfolio, go to the Manage menu in your online account to update "Future Allocations" (where to invest new contributions) as well as "Current Allocations" (transfer/exchange existing balances).

Asset Class	Investment Option	Ticker	Investment Style & Risk
Bonds			
Short Bonds/Stable/MMkt	Transamerica Guaranteed Investment Option	N/A	Stable Value
Interm./Long-Term Bonds	Dodge & Cox Income	DODIX	Intermediate-Term Bonds
	PIMCO Income Instl	PIMIX	Intermediate-Term Bonds
	TIAA-CREF Core Impact Bond Instl	TSBIX	Intermediate-Term Bonds
	Vanguard Intermediate-Term Bond Index Adm	VBILX	Intermediate-Term Bonds
	PIMCO Real Return Instl	PRRIX	Government Bonds
Aggressive Bonds	BlackRock High Yield Bond Instl	BHYIX	High-Yield Bonds
Stocks			
Large-Cap Stocks	MFS Value R3	MEIHX	Large-Cap Value Stocks
	ClearBridge Appreciation I	SAPYX	Large-Cap Blend Stocks
	Vanguard 500 Index Adm	VFIAX	Large-Cap Blend Stocks
	Vanguard Growth Index Adm	VIGAX	Large-Cap Growth Stocks
Small/Mid-Cap Stocks	American Century Mid Cap Value I	AVUAX	Mid-Cap Value Stocks
	MassMutual Mid Cap Growth I	MEFZX	Mid-Cap Growth Stocks
	MassMutual Small Cap Opps R5	MSCDX	Small-Cap Blend Stocks



Asset Class	Investment Option	Ticker	Investment Style & Risk
	Cohen & Steers Instl Realty Shares	CSRIX	Real Estate
International Stocks	American Funds Europacific Growth R6	RERGX	World/Foreign Stocks
	Northern Global Sustainability Index	NSRIX	World/Foreign Stocks
	Vanguard Total International Stock Index Adm	VTIAX	World/Foreign Stocks
	Invesco Developing Markets Y	ODVYX	Emerging Market Stocks
Multi-Asset/Other			
Multi-Asset/Other	JHancock Balanced I	SVBIX	Balanced
	T. Rowe Price Retirement I 2005 I	TRPFX	Target Date
	T. Rowe Price Retirement I 2010 I	TRPAX	Target Date
	T. Rowe Price Retirement I 2015 I	TRFGX	Target Date
	T. Rowe Price Retirement I 2020 I	TRBRX	Target Date
	T. Rowe Price Retirement I 2025 I	TRPHX	Target Date
	T. Rowe Price Retirement I 2030 I	TRPCX	Target Date
	T. Rowe Price Retirement I 2035 I	TRPJX	Target Date
	T. Rowe Price Retirement I 2040 I	TRPDX	Target Date
	T. Rowe Price Retirement I 2045 I	TRPKX	Target Date
	T. Rowe Price Retirement I 2050 I	TRPMX	Target Date
	T. Rowe Price Retirement I 2055 I	TRPNX	Target Date
	T. Rowe Price Retirement I 2060 I	TRPLX	Target Date
	T. Rowe Price Retirement I 2065 I	TRFKX	Target Date

For more information on any registered fund, please call 800-755-5801 for a free summary prospectus (if available) and/or prospectus. You should consider the objectives, risks, charges, and expenses of an investment carefully before investing. The summary prospectus and prospectus contain this and other information. Read them carefully before you invest.

Please see important disclosures to the investment options that follow.



Important Disclosures

Stable Value: *An investment that seeks to preserve principal, and provide consistent returns and liquidity. Stable value investment choices seek capital preservation, but they do carry potential risks. Stable value investment choices may be comprised of or may invest in annuity or investment contracts issued by life insurance companies, banks, and other financial institutions. Stable value investment choices are subject to the risk that the insurance company or other financial institution will fail to meet its commitments, and are also subject to general bond market risks, including interest rate risk and credit risk.*

Intermediate-Term Bonds: *Debt securities issued by governments, corporations, and others, typically with durations of 3.5 to 6 years. The value of bonds changes in response to changes in economic conditions, interest rates, and the creditworthiness of individual issuers. Bonds can lose value as interest rates rise, and an investor can lose principal.*

Government Bonds: *Debt securities issued by governments or their agencies (e.g., U.S. Treasury Bills). The value of bonds changes in response to changes in economic conditions, interest rates, and the creditworthiness of individual issuers. Bonds can lose value as interest rates rise, and an investor can lose principal. Any U.S. government guarantees of the securities pertain only to those securities and not to portfolios that invest in them.*

High-Yield Bonds: *Lower-rated debt securities (commonly referred to as junk bonds). These securities involve additional risks because of the lower credit quality of the securities. The investor should be aware of the possible higher level of volatility and increased risk of default.*

Balanced: *Asset allocation investments may be subject to all of the risks of the asset classes in which they invest, which may include stocks and bonds as well as other types of investments. The higher the investment's allocation to stocks, the greater the risk. Asset allocation and diversification do not assure or guarantee better performance, cannot eliminate the risk of investment losses, and do not protect against an overall declining market.*

Large-Cap Value Stocks: *An investment category that mostly comprises stocks of large companies that are believed to be priced below what they are really worth. Stocks have historically offered the potential for greater long-term returns, but also entail greater short-term risks than other investments. Value stocks may be subject to special risks that have caused the stocks to be out of favor and undervalued in the opinion of the portfolio managers who invest in them.*

Large-Cap Blend Stocks: *An investment category that mostly comprises both value and growth stocks of large companies. Stocks have historically offered the potential for greater long-term returns, but also entail greater short-term risks than other investments. Blend strategies are subject to both growth and value risks.*

Large-Cap Growth Stocks: *An investment category that mostly comprises stocks of large companies whose earnings are expected to grow more quickly than the market average. Stocks have historically offered the potential for greater long-term returns, but also entail greater short-term risks than other investments. Most growth investments offer higher potential capital appreciation but usually at above-average risk. Growth stocks can perform differently than other types of stocks and the market as a whole and can be more volatile than other types of stocks.*

Mid-Cap Value Stocks: *An investment category that mostly comprises stocks of mid-size companies that are believed to be priced below what they are really worth. Stocks have historically offered the potential for greater long-term returns, but also entail greater short-term risks than other investment choices. Mid-cap stocks may be more vulnerable to market downturns, and their prices could be more volatile than those of larger companies. Value stocks may be subject to special risks that have caused the stocks to be out of favor and undervalued in the opinion of the portfolio managers who invest in them.*





Mid-Cap Growth Stocks: *An investment category that mostly comprises stocks of mid-size companies whose earnings are expected to rise faster than the market average. Stocks have historically offered the potential for greater long-term returns, but also entail greater short-term risks than other investment choices. Mid-cap stocks may be more vulnerable to market downturns, and their prices could be more volatile than those of larger companies. Most growth investments offer higher potential capital appreciation but usually at above-average risk. Growth stocks can perform differently than other types of stocks and the market as a whole and can be more volatile than other types of stocks.*

Small-Cap Blend Stocks: *An investment category that mostly comprises a blend of both value and growth stocks of small companies. Stocks of small companies involve additional risks, including a higher risk of failure, and are not as well established as large, blue-chip companies. Historically, small-company stocks have experienced greater price volatility than the overall market. Blend strategies are subject to both growth and value risks.*

Real Estate: *This investment category focuses primarily on stocks offered by public real estate companies, for example, real estate investment trusts (REITs). Real estate securities are subject to the risks of owning real estate, including changes in real estate values and property taxes, interest rates, and cash flow of the underlying real estate assets. Investments that concentrate in particular real estate sectors, such as a region or industry, may be subject to greater volatility.*

World/Foreign Stocks: *This investment category focuses on stocks of companies primarily (world, a.k.a. global) or exclusively (foreign, a.k.a. international) outside the United States and involves special additional risks. These risks include, but are not limited to, currency risk, political risk, and risk associated with varying accounting standards. Investing in emerging, or developing, markets may accentuate these risks.*

Emerging Market Stocks: *This investment category focuses on stocks of companies in emerging or developing countries or regions. Emerging market stocks involve special additional risks, including but not limited to, currency risk, political risk, and risk associated with varying accounting standards. Historically, emerging market stocks have experienced a greater degree of price volatility than stocks from developed markets.*

Target Date Funds: *These options generally invest in a mix of stocks, bonds, cash equivalents, and potentially other asset classes, either directly or via underlying investments, and may be subject to all of the risks of these asset classes. The allocations become more conservative over time: the percentage of assets allocated to stocks will decrease while the percentage allocated to bonds will increase as the target date approaches. The higher the allocation is to stocks, the greater the risk. The principal value of the investment option is never guaranteed, including at and after the target date.*

Managed Advice® *Transamerica's "Advice Services" includes both Managed Advice® and Advisor Managed Advice. The Managed Advice® service is offered through Transamerica Retirement Advisors, LLC ("TRA"), an SEC registered investment advisor. The Advisor Managed Advice Service is offered through your retirement plan's third-party registered investment advisor and TRA. Transamerica Retirement Solutions and TRA are affiliated companies. Morningstar Investment Management, LLC®, a wholly-owned subsidiary of Morningstar Inc. is an SEC-registered investment advisor that serves as an independent financial expert and provides the underlying investment advice methodology for the Advice Services. Neither Morningstar nor your plan's third-party registered investment adviser (as applicable) is affiliated with any Transamerica companies. Please see the Advice Services agreement for more information on the terms and conditions that apply as well as the information provided to you in Form ADV Part 2A. Investment return and principal value will fluctuate with market conditions and you may lose money. *Currently the monthly fee is no more than \$0.38 (\$4.50 annually) for every \$1,000 in your account.**

You should evaluate your ability to continue the auto-increase service in the event of a prolonged market decline, unexpected expenses, or an unforeseeable emergency.

Matching contributions are subject to plan vesting requirements.

Descriptions of plan features and benefits are subject to the plan document, which will govern in the event of any inconsistencies.

Fees charged by the underlying funds in which you invest will still apply. You can cancel anytime without penalty. Managed account portfolios are subject to the same risks as the underlying asset classes in which they invest. The higher the portfolio's allocation to stocks, the greater the risk. The principal value of the portfolio is never guaranteed. Form ADV and the Advice Services Agreement provide important information about the service.

Transamerica Investors Securities Corporation (TISC), 440 Mamaroneck Avenue, Harrison, NY, 10528, distributes securities products. Any mutual fund offered under the plan is distributed by that particular fund's associated fund family and its affiliated broker-dealer or other broker-dealers with effective selling agreements such as TISC. Bank collective trusts funds, if offered under the plan, are not insured by the FDIC, the Federal Reserve Bank or any other government agency and are not registered with the Securities and Exchange Commission. Group annuity contracts, if offered under the plan, are made available through the applicable insurance company. Any guarantee of principal and/or interest under a group annuity contract is subject to the claims-paying ability of the applicable insurer. Certain investment options made available under the plan may be offered through affiliates of Transamerica Retirement Solutions and TISC. These may include: (1) the Transamerica Funds (registered mutual funds distributed by Transamerica Capital Inc. (TCI) and advised by Transamerica Asset Management, Inc. (TAM)); (2) the Transamerica Retirement Solutions Collective Trust, a collective trust fund of Massachusetts Fidelity Trust Company (MFTC) (includes the Stable Pooled Fund); (3) group annuity contracts issued by Transamerica Financial Life Insurance Company (TFLIC), 440 Mamaroneck Avenue, Harrison, NY 10528 (includes the Stable Fund, the Fixed Fund, the Guaranteed Pooled Fund, and SecurePath for Life®); and (4) group annuity contracts issued by Transamerica Life Insurance Company (TLIC), 6400 C Street SW, Cedar Rapids, IA 52499 (includes SecurePath for Life®). Northwestern Medical Center, Inc. 403(b) Plan has selected Transamerica as your retirement plan provider, but there are no other affiliations between Northwestern Medical Center, Inc. 403(b) Plan and Transamerica, TISC, TCI, TAM, MFTC, TFLIC, or TLIC.





440 Mamaroneck Ave
Harrison, NY 10528

Brighten Your Outlook[®]



Rainy



Cloudy



Partly Sunny



Sunny

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