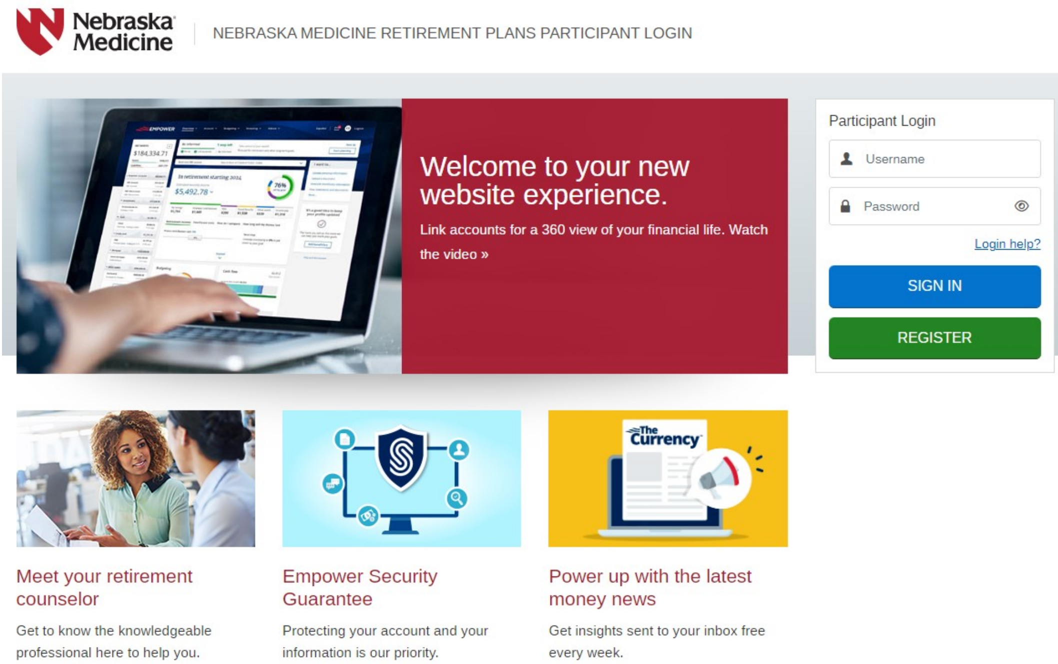
Participant Website Contribution Rate Change Instructions

Your Retirement Plan Website Login Page

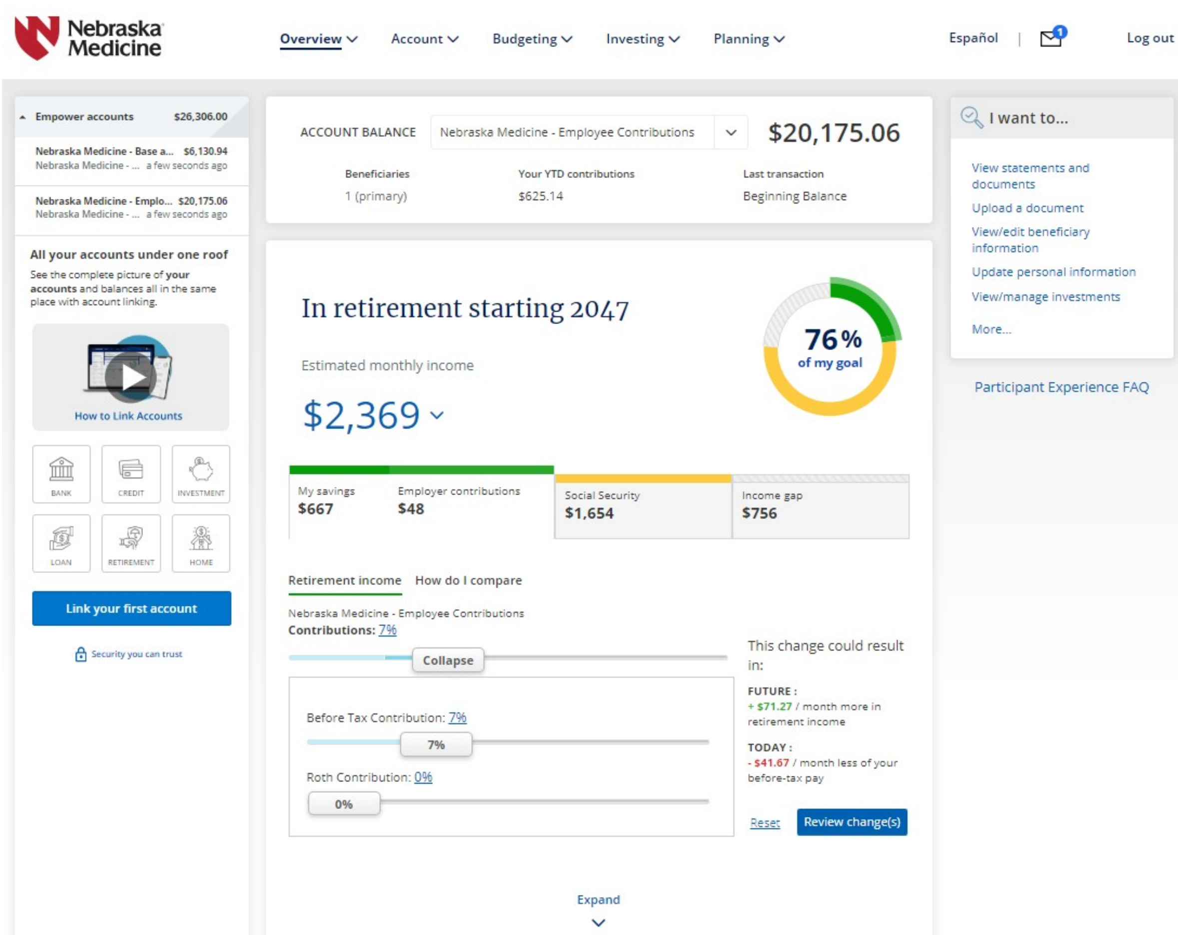
- Go to empower.com/nebraskamed
- Enter your user ID and Password and click "**SIGN IN**" (If you're a first-time user, click REGISTER and follow the instructions to create your ID and password.)

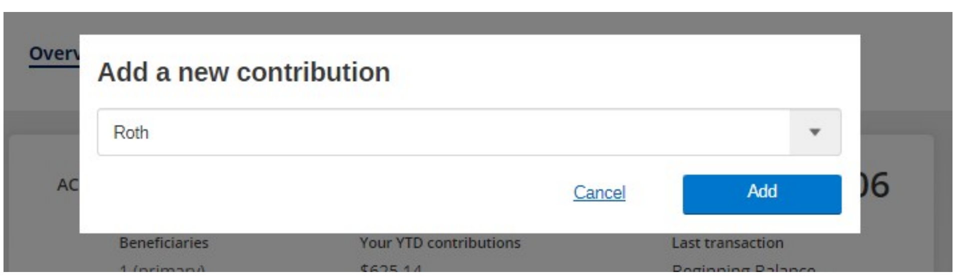


Participant Website Contribution Rate Change Instructions

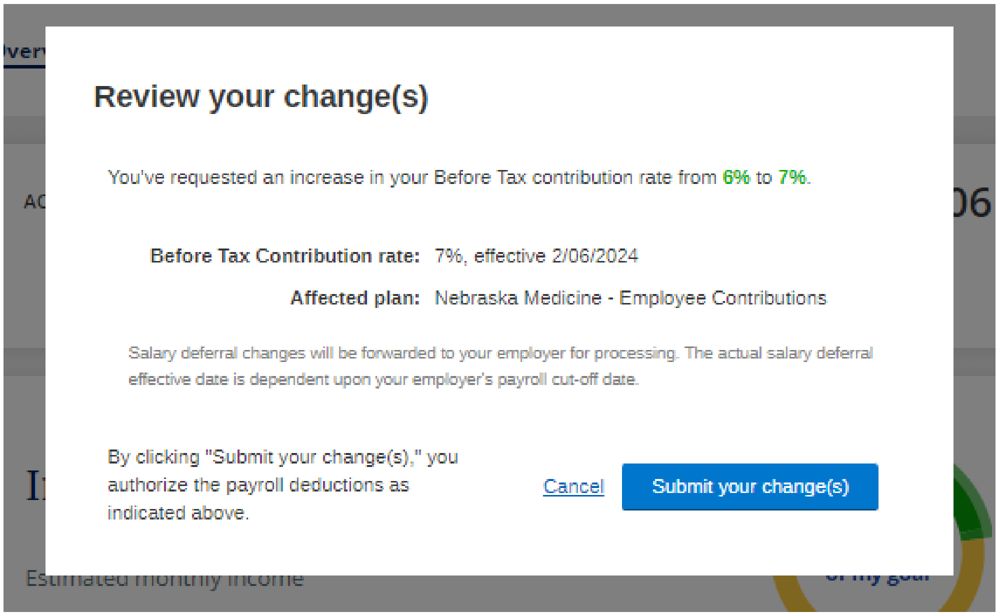
Home Page

- Under **Retirement income**, drag the sliders to change your desired Contribution rate(s).
- To add a Before Tax or Roth contribution, click "**[+] Add a new contribution"**.
- Select your desired contribution type from the drop-down menu and click "**Add**".
- One you have selected your desired contribution rate(s) on the sliders, click "**Review change(s)**".





- Review your changes in the pop-up box that appears.
- Click "**Submit your change(s)**".



Have questions? Need help?

Contact Empower:

• By phone: Call us toll-free at 833.NM.RETIRE (833.667.3847). Representatives are available Monday through Friday, 8 a.m. to 9 p.m. ET.

• Contact your plan's retirement counselor, Tiffany Sturm at 402.200.9132 or tiffany.sturm@empower.com.

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