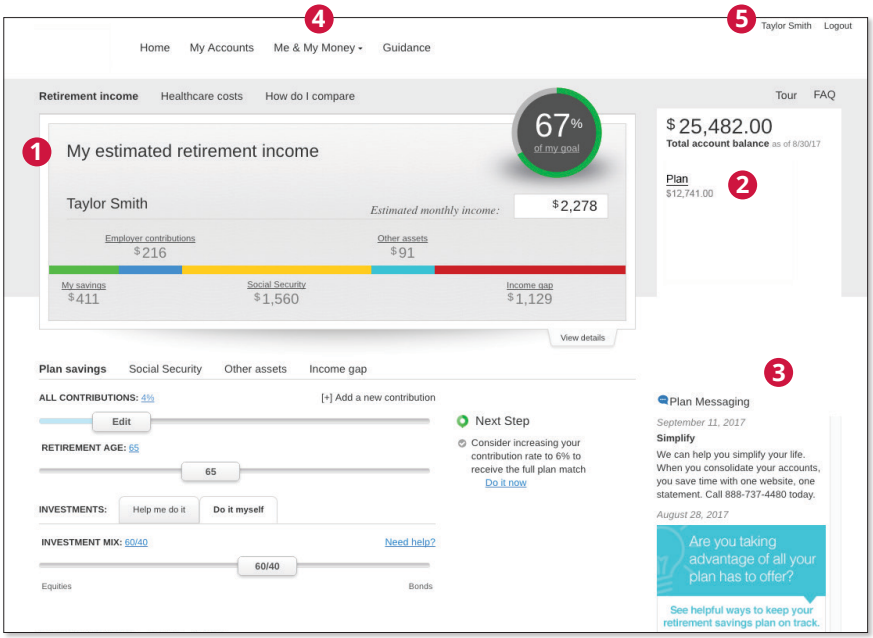
Stay on track by going online

Get your score, see how you compare and view next steps

Visit your plan website to quickly and easily see how much you've saved and more. Simply log in to your account to:

- View your estimated monthly retirement income and see if your future savings are on track.
- Model different savings scenarios and view the possible outcomes.
- Make changes to your account with just one click.

Your home page at a glance



FOR ILLUSTRATION PURPOSES ONLY

To experience all these features and more, visit empowermyretirement.com

OR

For more help, call 866-467-7756. Live representatives available Monday through Friday 6am– 8pm Mountain time and Saturdays 7am–3:30pm Mountain time.

1. Know your estimated monthly income in retirement

Your retirement plan can help you work toward an estimated monthly income in retirement to:

- Find out how much income you may have in retirement.
- See the effects of any changes you make in real time if you made adjustments.
- Put your savings in context.
- Request changes immediately.

2. Get your account details

Click on your plan name to:

- See your balance.
- Get fund information.
- View your statements.
- And more.

3. Receive plan messaging

Bulletins posted to your home page help you stay up to date on plan events and changes.

4. Quickly link to *Me & My Money*

Here you will find the Empower Wellness and Financial Center with information, videos and calculators to help you address important financial needs. Me & My Money is organized into four key areas — Spending, Saving, Investing and Protecting — and suggests next steps.

5. Access your personal profile

Click your name to:

- Choose electronic communications.
- Make or update a beneficiary designation, if applicable to your plan.
- Update your contact information.
- Make sure your communication preferences and email are up to date.

Cheyenne Regional Medical Center

EMPOWER RETIREMENT®

Stay on track by going online

Start by registering your account

- Log on and select *Register*.
- Choose the *I do not have a PIN* tab.
- Follow the prompts to create your username and password.

If we don't have your email or phone number on file from your employer, or if you have another account with Empower (with a former employer, for example), you will need to call to access your new plan account.

For more help, call 866-467-7756. Live representatives available Monday through Friday 6am– 8pm Mountain time and Saturdays 7am–3:30pm Mountain time.

Get the mobile app and connect to your plan whenever, wherever

View and manage your plan anywhere, anytime with the Empower Retirement app for your mobile device or Apple Watch®. Available in the App Store® from Apple® for iOS or on Google Play for Android™.

See the other side for helpful features on the site, including:

- Your retirement income score — see how you're tracking
- Account management
- How to make changes with one click

empowermyretirement.com

NOW IS A GOOD TIME

Cheyenne Regional Medical Center

EMPOWER RETIREMENT®