Getting started

Planning for retirement can be challenging, but the Adaptive Retirement Planner, a web-based planning tool, can help you focus on what matters—having the income you need in retirement. Because knowing where you stand relative to your retirement income goal is critical, an Adaptive Retirement Account projects whether you are below target, are over your income target, or are right on track to meet your estimated goal. Using the Adaptive Retirement Planner, it’s easy to compare different savings and investment strategies and see firsthand the impact they could have on the estimated amount of income provided from your plan’s retirement account. It also helps you compare your Current Plan with an Advice Plan. This guide will assist you with using key features of the site and show you how to navigate the Adaptive Retirement Planner.
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To get started, log in to your plan’s recordkeeping website.

Click on the Close the Gap link to access Adaptive Retirement Planner.

Welcome

To get started, log in to your plan’s recordkeeping website.

Click on the Close the Gap link to access Adaptive Retirement Planner.

The advice produced from this tool is based on information provided directly by you and your plan’s recordkeeper. The allocation advice utilizes some of the current funds offered in your plan, and if you choose to implement this advice, it will automatically be applied to your plan investments. Please note that this advice is delivered through a custom allocation glidepath that will be reviewed on a quarterly basis and adjusted based on your market experience, any changes to your investment profile, your age, and Russell Investments’ current capital markets assumptions which are subject to change based on market conditions.

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Investments in an Adaptive Retirement Account are not guaranteed, and there is no guarantee that the stated projections from this tool will be achieved. The projections produced by the Adaptive Retirement Planner are estimated by using Russell Investments’ capital markets assumptions and are subject to change based on market conditions. Results will vary with each use and over time. Investment in an Adaptive Retirement Account involves risk; principal loss is possible.

You pay no additional fees for a Russell Investments Adaptive Retirement Account. If applicable, you do pay operational fees for underlying funds within the plan. Information regarding these fees and expenses is available on fund fact sheets.

On the bottom of each page throughout the Planner, there are links to important and useful documents for your reference.

Useful tips:
› Click on links to dive deeper into the information shown on the screen.
› Fields with the icon have pop-ups with further information.
› Fields with the icon are editable.
› A navigation bar is provided at the top of screens to assist you as you make your way through the Planner:

Profile > Target > Accounts > Incomes > Plan

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Profile

Review your profile information provided by your plan recordkeeper.

You are able to adjust your retirement age here, if you wish. You will also have the opportunity to do this later in the Planner.

If any of the information on this screen is incorrect, please contact your plan recordkeeper.

Contact information for your plan recordkeeper can be found here.
Review your Target Retirement Income and Projected Retirement Income.

- Click here to dive deeper into how your Target Retirement Income is calculated.
- Click here to see how your projected retirement income is broken down.
- Do you have a gap or surplus? Continue on to find out how an Adaptive Retirement Account could benefit your retirement income.

On this page, you have the ability to adjust your Target Retirement Income by changing your Retirement Age, the default percentage of your Desired Replacement Rate (e.g. 80%) or by specifying a specific amount for your Target Retirement Income (e.g. $80,000).
**Accounts**

*Provide additional information on your outside retirement accounts.*

The portfolio recommendations provided in the Adaptive Retirement Planner are for your employer-sponsored retirement plan only. The recommendations will not impact your savings outside the plan. However, including information about savings outside the plan (such as 401(k)s with past employers, IRAs, 403(b) accounts) will affect your Target Retirement Income amount and may help close your gap. For example, if you’ve saved outside the plan, the Target Retirement Income amount you will need to earn in your employer-sponsored retirement plan may decrease accordingly.

---

**Current Plan**

<table>
<thead>
<tr>
<th>Target Retirement Income</th>
<th>$44,600 gap</th>
</tr>
</thead>
<tbody>
<tr>
<td>$22,100 of $68,700</td>
<td></td>
</tr>
</tbody>
</table>

Add any other investment accounts for retirement. How will this affect my ARA advice?

<table>
<thead>
<tr>
<th>Name</th>
<th>Annual Contributions</th>
<th>Current Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employer 401(k) Plan</td>
<td>$5,676</td>
<td>$38,444</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$5,676</td>
<td>$38,444</td>
</tr>
</tbody>
</table>

**Select Institution**

- Click on "+ Add Account" button
- Next, type in the name of the firm that holds your account if you don’t see it listed below.
- Or, select the financial institution(s) where you have your accounts.
- Or, you have the option to enter your outside account information manually.
Accounts

Provide additional information on your outside retirement accounts. (continued)

1. How to automatically link an outside retirement account.

If you choose to link your outside retirement accounts, you will need to enter the unique login information for each account you add. By doing so, information from each of your retirement accounts can be automatically retrieved and then updated on a periodic basis.

Once you have entered the information on your first account, repeat the process for any additional financial accounts you want to include.

First, enter your unique login information for your outside retirement account.

Then, select the account you would like to add.

Next, complete the fields shown on the General tab by clicking on each drop down.

All personal information utilized in this analysis is provided by you, the client, your plan sponsor or your plan recordkeeper. The accuracy of this information has not been verified. Accordingly, Russell Capital Inc. (RCI) and its affiliates make no representations regarding the results that are dependent upon such information and hereby disclaim all warranties related to the information and results dependent thereon, including but not limited to warranties of merchantability or fitness for any particular purpose.

Note: Asset allocation (investment mix) recommendations provided in the Adaptive Retirement Planner will not impact your savings outside your employer-sponsored retirement plan.
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Note: Asset allocation (investment mix) recommendations provided in the Adaptive Retirement Planner will not impact your savings outside your employer-sponsored retirement plan.
Accounts

Provide additional information on your outside retirement accounts. (continued)

2. How to manually link an outside retirement account.

If you add your outside retirement account(s) manually, fill in the requested information on the General, Contributions, and Allocation tabs.

First, fill in the institution, account type and account balance.

Next, fill in your yearly taxable contributions amount.

Next, enter in the allocation percentages for each asset class and click the Save button.

Definitions are available by clicking on the name of an asset class shown on this screen.

It is important that you provide correct allocation percentages for your outside assets as incorrect allocation percentages may result in a portfolio allocation that is not optimized to meet your estimated retirement income goal.

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Note: Asset allocation (investment mix) recommendations provided in the Adaptive Retirement Planner will not impact your savings outside your employer-sponsored retirement plan.
Incomes

Provide additional information on your other potential sources of retirement income.

The portfolio recommendations provided in the Adaptive Retirement Planner are for your employer-sponsored retirement plan only. The recommendations will not impact your savings outside the plan. However, including information on any additional sources of future income (such as an annuity or pension plan) will affect your Target Retirement Income amount and may help close your gap. For example, if you have other sources of retirement income, the Target Retirement Income amount you will need to earn in your employer-sponsored retirement plan will decrease accordingly.

1. How to review and adjust your estimated Social Security.

Understanding the information on Social Security:

Your assumed retirement age was either determined by your employer or provided by you. You have the ability to change your assumed retirement age at any time here within the Adaptive Retirement Planner tool. You can also change the amount of the annual Social Security benefit you expect to receive.
Incomes

Provide additional information on your other potential sources of retirement income. (continued)

2. How to add other retirement income sources.

The example shown illustrates adding a Pension; however, the process is the same for adding an annuity, rental income or a custom income source.

If you have other sources of retirement income such as a pension, annuity, rental income, other, click on “+ Add an income source” link.

First, select the type of retirement income you would like to add.

Then, fill in the requested information and click the “Done” button. Once you have entered the information on your first account, repeat the process for any additional income sources. If you don’t have any additional financial accounts, continue to the next page.

Note: Asset allocation (investment mix) recommendations provided in the Adaptive Retirement Planner will not impact your savings outside your employer-sponsored retirement plan.
## Compare your Current Plan to the recommended Advice Plan.

![Plan](image)

### ARA Advice

<table>
<thead>
<tr>
<th>Profile</th>
<th>Target</th>
<th>Accounts</th>
<th>Incomes</th>
<th>Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TARGET RETIREMENT INCOME**

- **$123,500 of $114,100**
- **$9,400 surplus**

**You are enrolled in an Adaptive Retirement Account**

**ARA ADVICE PLAN**

- **Adaptive Retirement Account**
  - ARA may help manage risk. [Learn More](#)
- **Annual Contributions**
  - 13% annually
- **Retirement Age**
  - 69 years old

**ADDITIONAL INFO – ARA Advice Plan**

Note: The Potential 1-Year Loss at Retirement only shows the potential loss with respect to assets in your retirement account with your current employer.

- **Projected Wealth**
  - Age 47, $1,644,600 at retirement
  - Age 69

- **Decrease in Potential 1-Year Loss at Retirement**
  - ARA, Current, $0 improvement

- **Asset Allocation Over Time**
  - Age 47, Age 69, 34% at retirement

- **Projected Annual Retirement Income**
  - Age 69, Age 100, $123,500 / yr in retirement

---

**IMPORTANT:** The projections or other information generated by the Adaptive Retirement Planner regarding the likelihood of various investment outcomes are hypothetical in nature, do not reflect actual investment results and are not guarantees of future results. The analysis is not meant to predict the results of any actual investment. Results may vary with use and over time. Other investments may have characteristics similar or superior to those being analyzed.

The projections produced by the Adaptive Retirement Planner are estimated by using Russell Investments’ capital markets assumptions and are subject to change based on market conditions. There is no guarantee that the stated projections will be achieved. Investing in an Adaptive Retirement Account involves risk; principal loss is possible. The principal value of the account is not guaranteed at any time.

Financial models make assumptions regarding the actual allocation and other parameters at a specific point in time. Accordingly there are no assurances that the investment goals and objectives and outcomes stated in this material will be met. Also, there is no guarantee that the predicted investment results of these models will coincide with your actual investment results.

You are currently enrolled in a Russell Investments Adaptive Retirement Account. [Click here to unenroll](#).
Compare your Current Plan to the recommended Advice Plan. (continued)

1. Review the Advice Plan's investment recommendations and benefits.

On this screen, you can see an overall comparison of the Advice Plan compared to your Current Plan. The Allocation and Benefits tabs across the top of this page provide even further information about the recommended Advice Plan.

Compare the recommended asset allocation for the Advice Plan to your Current Plan. To learn more about the Advice Plan's recommended allocation and funds, click on the Allocation tab at the top of this page.

This chart is a hypothetical illustration of how a participant's asset allocation may change over time. It does not necessarily represent how any participant's asset allocation will change.

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Plan

Compare your Current Plan to the recommended Advice Plan. (continued)

1. Review the Advice Plan’s investment recommendations and benefits. (continued)

This chart illustrates the hypothetical 1-year expected loss in your current portfolio compared to the proposed ARA portfolio in the event of a global market decline the year you retire. More information on the Potential 1-Year Loss at Retirement can be found by clicking on this chart or the link on this chart or the Potential 1-Year Loss at Retirement. Learn More. link at the top of this page.

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Compare your Current Plan to the recommended Advice Plan. (continued)

1. Review the Advice Plan’s investment recommendations and benefits. (continued)

On this screen, you can see the allocation of the Advice Plan, first across asset classes and then by fund. The new allocations are based on financial projections created by financial professionals. In this example, some additional types of asset classes are included which are designed to help manage risks through a diversified investment mix.

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Compare your Current Plan to the recommended Advice Plan. (continued)

1. Review the Advice Plan’s investment recommendations and benefits. (continued)

The projections produced by the Adaptive Retirement Planner are estimated by using Russell Investments’ capital markets assumptions and are subject to change based on market conditions. There is no guarantee that the stated projections will be achieved. Investing in an Adaptive Retirement Account involves risk; principal loss is possible. The principal value of the account is not guaranteed at any time.
Plan

Compare your Current Plan to the recommended Advice Plan. (continued)

2. See the Advice Plan’s recommended annual contribution rate.

![Annual Contributions]

<table>
<thead>
<tr>
<th></th>
<th>CURRENT PLAN</th>
<th>ADVICE PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Contributions</td>
<td>6%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Your Annual Contribution Increase</td>
<td>none</td>
<td>2.0%</td>
</tr>
<tr>
<td>Your Maximum Contribution Amount</td>
<td>n/a</td>
<td>19.0%</td>
</tr>
<tr>
<td>Annual Employer Contributions</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Total Annual Contributions</td>
<td>9%</td>
<td>11%</td>
</tr>
</tbody>
</table>

[Click here to view the impact your contribution advice has on your paycheck.]

[Click here to view the schedule of how your contributions will automatically escalate.]

The projections produced by the Adaptive Retirement Planner are estimated by using Russell Investments’ capital markets assumptions and are subject to change based on market conditions. There is no guarantee that the stated projections will be achieved. Investing in an Adaptive Retirement Account involves risk; principal loss is possible. The principal value of the account is not guaranteed at any time.
**Plan**

**Compare your Current Plan to the recommended Advice Plan.** (continued)

3. See the Advice Plan’s recommended retirement age.

The projections produced by the Adaptive Retirement Planner are estimated by using Russell Investments’ capital markets assumptions and are subject to change based on market conditions. There is no guarantee that the stated projections will be achieved. Investing in an Adaptive Retirement Account involves risk; principal loss is possible. The principal value of the account is not guaranteed at any time.
Create your Adaptive Retirement Account

Implement the recommended Advice Plan.

By clicking OK below, I acknowledge that I have access to and have had the opportunity to review a description of the Russell Investments Adaptive Retirement Account services, and Russell Capital Inc. Form ADV brochure, and I consent to the provision of the Russell Investments Adaptive Retirement Account services and the payment of operational fees for the underlying designated investments included in my Russell Investments Adaptive Retirement Account.

Should we go ahead and implement your new plan?

[Cancel] [OK]

If you’d like to implement the Advice Plan, click the “OK” button.

Before proceeding, please review and confirm your profile information shown on this screen.

If any of the other information on this screen is incorrect, please contact your plan recordkeeper.

You pay no additional fees for an Adaptive Retirement Account. If applicable, the underlying funds continue to include operating fees and expenses. Information regarding these fees and expenses is available on fund fact sheets posted at www.millimanbenefits.com. An Adaptive Retirement Account is not guaranteed – it may not provide the target retirement income you desire.
Create your Adaptive Retirement Account

Implement the recommended Advice Plan. (continued)

3. See the Advice Plan’s recommended retirement age. (continued)

You pay no additional fees for an Adaptive Retirement Account. If applicable, the underlying funds continue to include operating fees and expenses. Information regarding these fees and expenses is available on fund fact sheets posted at www.millimanbenefits.com. An Adaptive Retirement Account is not guaranteed – it may not provide the target retirement income you desire.

Last step—confirm the creation of your Adaptive Retirement Account.

› You’ll see a confirmation screen that outlines important information about the Advice Plan, including its fees – which will become your Adaptive Retirement Account, if you choose to proceed.

Select “OK” to create your new Adaptive Retirement Account or “Cancel!” (which means you’ll keep your Current Plan).
Once you click OK, you will receive a confirmation that your account has been established.

If you want to view an overview of the changes put in place, select “Back to Planning.” If you are finished, select “Log Out.”

Your Current Plan is now your new Adaptive Retirement Account.

If you selected “Back to Planning” button, you will see a summary of your new Adaptive Retirement Account as your Current Plan.

If you wish to run scenarios or make changes to your Annual Contributions or Retirement Age, you can do so by clicking on the appropriate bar and making adjustments as instructed earlier in this user guide.

You pay no additional fees for an Adaptive Retirement Account. If applicable, the underlying funds continue to include operating fees and expenses. Information regarding these fees and expenses is available on fund fact sheets posted at www.millimanbenefits.com. An Adaptive Retirement Account is not guaranteed – it may not provide the target retirement income you desire.
Unenroll from your Adaptive Retirement Account at any time.

Log in to your plan’s recordkeeping website. Follow the link to access the Adaptive Retirement Planner.

Select the “Click here to unenroll” link at the bottom of page.

The following screen will ask you to confirm your intent to unenroll from your Adaptive Retirement Account.

Once you unenroll from ARA, you are taking responsibility for how your investments are managed now and in the future. Unless you take action to specifically change your investments, your plan will remain invested as it is currently.

Click “Yes”, to complete your unenrollment.

If you selected the “Yes” button, you will now see a confirmation that you have been successfully unenrolled from your Adaptive Retirement Account.

You will then have the opportunity to continue to use the tool by clicking on “Back to Planning” or click “Log Out” to exit.
Easy to access
Simply go to your plan’s website.
Log in to the secure website address provided by your employer. Click on a link to launch the Adaptive Retirement Planner—a separate login and password is not required.

Secure
Your information is encrypted.

Complimentary online asset allocation advice
You can choose to customize your account further or opt out.
The Adaptive Retirement Planner provides complimentary asset allocation advice based on projections created by financial professionals. You can also use the tool to customize your account further. However, you can opt out if you decide to manage your retirement portfolio on your own.

Simple to use
Your information is pre-populated to help you save time.
Information about your Current Plan (your current contribution rate to your employer-sponsored retirement plan and investment mix) is already embedded in the Adaptive Retirement Planner which can help you save time.

Adaptive Retirement Accounts are a product of Russell Capital Inc. (RCI). The advice provided by RCI in the Adaptive Retirement Planner is based on asset class-level assumptions only. Your employer has designated the funds included as representative of specific asset classes (such as U.S. equity, U.S. fixed income, etc.) included in the Adaptive Retirement Planner for your company and may change their designations at any time.

An Adaptive Retirement Account will review your asset allocation on a quarterly basis and automatically shift your portfolio based on your current age, gender, account balance, savings rate and salary. Based on the Adaptive Retirement Account methodology, your asset allocation may become more conservative by increasing its exposure to bonds or more aggressive by increasing its exposure to asset classes that have historically had higher risks (e.g. stocks). Advice provided by the online Adaptive Retirement Planner tool is complimentary. Investments in an Adaptive Retirement Account are not guaranteed.

The projections produced by the Adaptive Retirement Planner are estimated by using Russell Investments’ capital markets assumptions and are subject to change based on market conditions. There is no guarantee that the stated projections will be achieved. Investing in an Adaptive Retirement Account involves risk; principal loss is possible. The principal value of the account is not guaranteed at any time.

The Adaptive Retirement Planner utilizes a quantitative model. The asset allocation generated by the model is dependent upon the factors used in the quantitative analysis, the weight placed on each factor, and changes from the factors’ historical trends. These factors include Russell Investments’ capital markets assumptions, which may differ from actual results, and the model’s asset allocation may be more aggressive or more conservative than necessary. There can be no assurance that the model will enable the Adaptive Retirement Planner to achieve its objective. Models may be flawed or not work as anticipated.

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Diversification and strategic asset allocation do not assure profit or protect against loss in declining markets.

Although stocks have historically outperformed bonds, they also have historically been more volatile. Investors should carefully consider their ability to invest during volatile periods in the market.

Bond investors should carefully consider risks such as interest rate, credit, default and duration risks. Greater risk, such as increased volatility, limited liquidity, prepayment, non-payment and increased default risk, is inherent in portfolios that invest in high yield (“junk”) bonds or mortgage-backed securities, especially mortgage-backed securities with exposure to sub-prime mortgages. Generally, when interest rates rise, prices of fixed income securities fall. Interest rates in the United States are at, or near, historic lows, which may increase a Fund’s exposure to risks associated with rising rates.

Real Asset investing may not be suitable for all investors. You should consider whether or not you can tolerate the unique risks of investing in real assets, such as; infrastructure-related companies have greater exposure to adverse economic, financial, regulatory, and political risks, including, governmental regulations, declines in the value of real estate, exposure to the commodities markets may subject the investment to greater volatility than investments in traditional securities, particularly if the investments involve leverage.

Nothing contained in this material is intended to constitute legal or tax advice.

Adaptive Retirement Accounts are a product of Russell Capital Inc. (RCI). The advice provided by RCI in the Adaptive Retirement Planner is based on asset class-level assumptions only. Your employer has designated the funds included as representative of specific asset classes (such as U.S. equity, U.S. fixed income, etc.) included in the Adaptive Retirement Planner for your company and may change their designations at any time.

An Adaptive Retirement Account will review your asset allocation on a quarterly basis and automatically shift your portfolio based on your current age, gender, account balance, savings rate and salary. Based on the Adaptive Retirement Account methodology, your asset allocation may become more conservative by increasing its exposure to bonds or more aggressive by increasing its exposure to asset classes that have historically had higher risks (e.g. stocks). Advice provided by the online Adaptive Retirement Planner tool is complimentary. Investments in an Adaptive Retirement Account are not guaranteed.

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