Retirement Plan Services

Hebrew SeniorLife 401(k) plan and Hebrew SeniorLife 403(b) plan

Connect with your retirement plan online

While we'd like to discuss your retirement questions in person, we can meet with you virtually during these uncertain times. You have the support and strength of Lincoln Financial Group by your side. Here you'll find helpful resources for your retirement plan. Make sure you check out each topic to find information that's relevant to you.

It's important to review your retirement plan options every year so you can make the most of this valuable benefit your employer offers. If you aren't enrolled, see what the plan can do for you and start saving today!

Get personal help

Have you taken advantage of one-on-one help? Even if you have, a retirement plan checkup is always a good idea. You can discuss your questions, investment options, how much you may want to save to meet your goals, and more. Schedule a meeting today:

- Phone meetings: Visit https://LFG.com/heslschedule.
- Contact your retirement consultants, **Sharon Clapprood** at Sharon.Clapprood@LFG.com or **866-963-5381**or **Matthew Howell** at Matthew.Howell@LFG.com or **855-661-7870**.

Manage your account online

Registering for your online account provides personalized tools and helps improve your cybersecurity. Your statements are now paperless, so sign up for eDelivery to get an email when new statements are ready. To see how easy it is to register and sign up, click here.

Start saving today

This video illustrates why it's important to start saving for retirement sooner rather than later. If you're already enrolled in the plan, think about saving more.

Check your beneficiary

Your beneficiary designation, not your will, determines who receives your assets. Keep that information up to date! To designate or update a beneficiary, log in to your account at LincolnFinancial.com/Retirement and select **My Beneficiaries** under My Preferences.

Market ups and downs

It's natural to be concerned when the market takes a dip, especially when the rest of the world seems to be turning upside down. The good news is, there are ways to navigate these rough waters. Focusing on the long term can help you stay confident. Click here to learn more. You also may want to consider these four strategies to manage market turbulence.

We're here for you

Have questions or need help? Call the Lincoln Customer Contact Center at **800-234-3500**, Monday through Friday, between 8:00 a.m. and 8:00 p.m. Eastern.

LincolnFinancial.com/Retirement

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