Simply type your information into the form below. Print and sign it, then obtain spousal and/or plan sponsor signatures if required, and mail it to the address on the form. Best if used with Adobe Reader 7.0.5 or higher®

Fidelity Investments Distribution Form

Use this form if you wish to request a distribution from your employer's retirement plan.

Questions: If you would like more information about distributions, including general tax implications, please call 800-343-0860 or for the hearing impaired (TTY) 800-259-9743, Monday through Friday (except for New York Stock Exchange holidays), 8 a.m. to midnight Eastern time.

STEP 1 PA	ARTICIPANT INFORMATION	
A. Your Information Please complete all required fields highlighted in RED.		
Social Security #:	or U.S. Tax ID #	
Date of Birth	Single Married	
Full Name:		
Address:		
City and State:		
Zip:		
Daytime Phone:	Evening Phone:	
B. The Employer Sponsoring the Plan from Which You The distribution may require an authorized signature by the more details.		ions for Step 7 for
Name of Employer Sponsoring the Plan:		
C. Applicable Plans		
Please indicate the plans from which you would like a distr $401(k)$, or $401(a)$] even if the plan number listed is not cor		l below [403(b),
403(b) Plan #(s):		
401(k) Plan #(s):		
401(a) Plan #(s):		
If you indicate more than one plan number in this section, and 4. Please submit a second form if you wish your plans		ction in Steps 3

STEP 2 REASON FOR DISTRIBUTION

Indicate a reason for the distribution:

Attainment of age 591/2

Separation from service/termination from employment

Disability

In-service withdrawal Check with your employer before selecting this option. Most plans do not allow in-service withdrawals.

Financial hardship (employer authorization is required)

Beneficiary account

Qualified Domestic Relations Order (QDRO) alternate payee account

STEP 3 PAYOUT REQUEST

Complete only one section: Section A. Single Payment; Section B. Systematic Payment; or Section C. Combination Payment. If you do not request a rollover, taxes may be withheld. See Step 5 for income tax withholding information.

A. Single Payout

Complete this section if you would like all of your distributed funds to be treated the same way. Complete only one option below (either Full Payout or Partial Payout). Then, skip to Step 4.

Percent. I request that% be withdrawn from my account. (This amount will be taken proportionately across all fund and source available for withdrawal.) Specific sources/funds. I request that the source(s) or fund(s) indicated below be withdrawn from my account. (Select a source are from Source (Check one): Pretax After-Tax Roth Amount: 100% OR \$ Fund # or Name:
fund and source available for withdrawal.)
Percent. I request that% be withdrawn from my account. (This amount will be taken proportionately across all fund and source available for withdrawal.)
proportionately across all funds and sources available for withdrawal.), OR
Dollar Amount. I request that this amount \$ be withdrawn from my account. (This amount will be taken
Select one Amount and one Method below. Complete the information for the Amount and for the Method that you select.): Amount:
Partial Payout A portion of the funds in your account will be withdrawn.
this is a ridenty employer-sponsored account, please provide the plan name and number (ii known):
number. # **If this is a Fidelity employer-sponsored account, please provide the plan name and number (if known):
*If this is a Fidelity traditional IRA or a Fidelity Roth IRA Account, please provide the account
Provide the receiving investment provider's name:
Employer-sponsored retirement account**
Roth IRA* OR
Traditional IRA* OR
Roll over the entire amount. (Check one box below and complete information on the investment provider.):
Deposit into a Fidelity non-retirement account. Account #
Pay directly to me. Deposit into a Fidelity non-retirement account. Account #

Continued on next page.

STEP 3 PAYOUT REQUEST (CONTINUED)

P	Amount (continue	ed):			, , ,		,			
	From Source	e (Check one):	Pretax	After-Ta	x Rot	:h				
	Amount:	100% OR \$			Fund#	or Name:				
	From Source	e (Check one):	Pretax	After-Ta	x Rot	:h				
	Amount:	100% OR \$			Fund#	or Name:				
	Check her	re if additional fun	d selections ar	e attached.						
Т		ated above will be o							es belov	w and complete the
	Pay directly to	me.								
	Deposit into a	Fidelity nonretires	ment account.	Account #						
	Roll over the e	ntire amount. (Ch	eck one box be	elow and com	plete inform	nation on	the inves	tment provid	er.):	
	Tradition	al IRA* OR								
	Roth IRA	* OR								
	Employe	r-sponsored retire	ment account*	: *						
	Provide the	e receiving investn	nent provider	's name:						
	Systematic Pa		,	#	•					
than d availa	one plan, the amo	ount indicated belo	ow will be tak er. If you requi	en proportio re a Systemat	nately from	the plan	s listed. (S	Systematic W	ithdrav	you indicated mo val Payments are n please complete th
	Specific Dolla	r Method								
	Pay me \$			Monthly C	OR 2 pe	er month	OR	Quarterly	OR	Annually
	Beginning:									
	Withdraw p	roportionally acros	ss all available	investment o	ptions.					
	Withdraw fr	om single fund nu	mber or name							
	(Systematic With	ndrawal Payments	may be discon	tinued if you	r single fund	d's availab	ole balance	e cannot supp	ort the	payment amount.
OR		•		-						
J. .	Specific Perio	d Method across all available	e funds)							
	Beginning:				Monthly	OR	2 per n	nonth OR		Quarterly OR

years Continued on next page.

Annually, for

Beginning:

STEP 3 PAYOUT REQUEST (CONTINUED)

C. Combination Payout

Please complete this section if you would like a cash payment and a rollover, or if you would like two or more rollovers.

Source information (Please only complete the section(s) below that are applicable to your account.):

Pretax 100% of the funds in your account will be distributed via the method indicated below. (If you do not check a box below, Fidelity will distribute the funds made out to you.):

Pa	ny directly to me.
D	eposit into a Fidelity non-retirement account.
	oll over% and pay the remainder to me. (If no percentage indicated, rollover will be for entire amount.) Check one box elow and complete information on the investment provider:
	Traditional IRA* OR
	Roth IRA* OR
	Employer-sponsored retirement account**
P	rovide the receiving investment provider's name:
*	If this is a Fidelity traditional IRA or a Fidelity Roth IRA Account, please provide the account number. #
*	'If this is a Fidelity employer-sponsored account, please provide the plan name and number (if known):
earnings or	Your after-tax contributions to be paid out as follows (This election will apply to your after-tax contribution amount only. Any n your contributions are considered taxable income. Please use the Pretax section above to indicate how earnings on your ontributions should be distributed.):
Pa	ay directly to me.
D	eposit into a Fidelity non-retirement account. Account #
R	oll over the entire amount. (Check one box below and complete information on the investment provider.):
	Traditional IRA* OR
	Roth IRA* OR
	Employer-sponsored retirement account**
P	rovide the receiving investment provider's name:
*I	f this is a Fidelity traditional IRA or a Fidelity Roth IRA Account, please provide the account number. #
*:	*If this is a Fidelity employer-sponsored account, please provide the plan name and number (if known):
Dath Dath	contributions to be noted out as follows:
	contributions to be paid out as follows: y directly to me.
	eposit into a Fidelity non-retirement account. Account #
R	oll over the entire amount. (Check one box below and complete information on the investment provider.):
	Roth IRA* OR
	Employer-sponsored retirement account that accepts Roth funds**
P	rovide the receiving investment provider's name:
	*If this is a Fidelity Roth IRA Account, please provide the account number. #
*	*If this is a Fidelity employer-sponsored account, please provide the plan name and number (if known):
	<u> </u>

STEP 4 INDICATE HOW YOU WOULD LIKE TO RECEIVE THE PAYMENT(S)

Complete this section if you elected to have funds paid out to you, if you selected a Systematic Withdrawal Payment, or if you requested a rollover to a vendor other then Fidelity.

By Check (You should receive your check in 7–10 business days from the date of distribution.)

By check sent by an express delivery service (NOT available for Systematic Withdrawal Plan). I understand that a fee of not more than \$35 will be deducted from my account. This check cannot be delivered to a P.O. Box.

Electronic Funds Transfer (EFT) (also known as Direct Deposit) requires up to a 15-day period prior to processing a distribution. Complete an EFT application and attach a voided check. *Note*: If your plan is not set up for distributions via EFT, you will receive your distribution by check.

Alternate address for check mailing only

If you need to have your check sent to an address other than your address of record, please complete this section. This will not change your address of record indicated in Step 1, or your state of residence for state income tax purposes.

First Name:		
Last Name:		
Mailing Address:		
Address Line 2:		
City:		State:
Zip:	Daytime Phone:	

A signature guarantee (see Step 8) is required when you select an alternate address if plan sponsor approval of the distribution is not required (Step 7).

You may obtain a signature guarantee from a bank, broker, dealer, municipal securities dealer, government securities broker, credit union (if authorized under state law), national securities exchange, registered securities association, clearing agency, or savings association. Please inform the person providing the signature guarantee of the approximate amount of the distribution.

STEP 5 INCOME TAX WITHHOLDING

Payments subject to withholding are either taxable eligible rollover amounts or taxable non eligible rollover amounts. Please refer to the instructions for more information on mandatory withholding and default withholding.

Federal Income Taxes

I elect not to have federal income taxes withheld from my taxable distribution. (Eligible rollover amounts not directly rolled over are subject to mandatory withholding of 20% for federal income taxes. A payee cannot elect out of this withholding.)

I elect to have a total of % withheld for federal income taxes.

Taxable distributions to nonresident aliens are subject to 30% withholding unless a valid IRS Form W-8BEN is submitted to claim no withholding or a reduced rate of withholding on the distribution.

State Income Taxes

I elect not to have state income taxes withheld from my distribution. (Please note that some states require state income taxes to be withheld. Fidelity will withhold state income taxes for these states unless this form is accompanied by a W-4P form.)

I elect to have state income taxes withheld according to state tax tables. (Please note that Fidelity is unable to withhold additional state taxes.)

If you are under age 59½, a 10% early distribution tax penalty may apply to the taxable amount not rolled over to an IRA, or another retirement plan, unless you qualify for an exemption from the penalty.

Please understand that you may owe additional taxes in addition to the amount withheld.

STEP 6 SPOUSAL CONSENT

You should check with Fidelity Investments or the employer who sponsored the plan or plans named in Step 1 to determine if a married participant is required to obtain consent from a spouse in order to request a distribution. If spousal consent applies, the person named in Step 1A must check the box for either Single or Married. Spousal consent does not apply to distributions from beneficiary accounts or QDRO alternate payee accounts.

Single - I certify under penalties of perjury that I am not married as of the date that this form is signed. I understand that if I marry after this date, but before distribution commences, the rules for married individuals will apply to me.

Married - I certify that I am married and that distributions must be made to me in the form of a **qualified** joint and survivor annuity, unless I have elected another form of distribution and my spouse signs the spousal consent section below in the presence of a notary public (or plan representative, if authorized by my plan).

To be completed by the Participant's spouse:

I am the spouse of the participant named in Step 1. I hereby consent to the election of distribution as indicated by my spouse, to have benefits paid in the form specified rather than in the form of a qualified joint and survivor annuity. Further, I hereby acknowledge that I understand: (1) that the effect of my consent may result in the forfeiture of benefits I would be entitled to receive upon my spouse's death; (2) that my spouse's waiver of a qualified joint and survivor annuity, if applicable, is not valid unless I consent to it; (3) that my consent is voluntary, and is irrevocable unless my spouse revokes the waiver; and (4) that my consent must be witnessed by a notary public or plan representative. I understand that if the distribution described in this form is not processed within 180 days of the date I sign this form, my consent expires.

Signature of Participant's spouse:	Date:
X	
To be completed by a notary public: Note: A signature guarantee cannot	be substituted for a notary.
Sworn before me this day	
In the State of , County of	
Notary Public Signature:	
X	
	Notary stamp must be in the above box
My Commission Expires:	
Some states require that the Notary Public indicate the expiration date in a listed above and is not included below, your spouse's consent will not be c	
Or, witnessed by Plan Representative: (if provided for under the terms of the plan or plans named in Steps 1B an	d 1C): Date:
X	
Please print name of authorized Plan Representative signing above:	
First and Last Name of Plan Representative:	

STEP 7 PLAN SPONSOR APPROVAL

Please call a Fidelity Retirement Specialist or ask the employer sponsoring the plan if plan sponsor approval is required. A financial hardship distribution requires employer approval. The distribution requested on this form may be subject to plan sponsor approval even if you are no longer employed by the sponsoring employer listed in Step 1.

On behalf of		(name of Participant)
Date of Hire:	Termination Date:	
Vesting Perce	entage: \[\bigcup \left[\infty \] \[\infty \tag{\pi}	
	the distribution requested on this form for the reason(s) indicat n. In addition, my name is on record with Fidelity to sign on beh	
Authorized Signat of Plan Sponsor:	X	Date:
Please print name of	of authorized individual signing above:	
First and Last Name	ie:	
	STEP 8 YOUR SIGNAT	TURE
Please carefully read	d each bullet-point below and sign in the appropriate space.	
	zen or other U.S. person (including a resident alien individual), r U.S. taxpayer identification number is correct and valid.	I hereby certify, under penalties of perjury, that the Social
	dent, I have attached U.S. Form W-8BEN and included my U.S. ole. I understand that if I have not attached form W-8BEN, 30% one taxes.	
• To the extent that taxable income.	t I have requested that my pretax funds be rolled over into a Rot	h IRA, I understand that the taxable amount rolled over is
• I acknowledge tha Qualified Joint and S	at I received and understood the Special Tax Notice and, when a Survivor Notice.	applicable, the Participant Distribution Notice and the
	at if I select a method where two or more withdrawals apply that t value will be determined on the day of the withdrawal.	t each withdrawal may be paid on a different business day
	t redemption fees may apply, contingent on the funds held in my prospectus for short-term redemption fee details.	account, and may lower my distribution amount. Please
I request a direct rol redeemed, 3) when is a money market fun	when I am issued a check or a distribution as an electronic fund to bllover to a non-Fidelity IRA or to another Fidelity employer-spot my direct rollover is to a Fidelity Roth IRA, that my investment and, and 4) when my direct rollover is to a traditional Fidelity IRA insferred in kind and all other investments are being redeemed an	onsored retirement plan that my investments are being s are being redeemed and the proceeds will be deposited in A, that Fidelity mutual funds and eligible non-Fidelity
Your Signature:	X	Date:
	Person named in Step 1A.	
	x if you are signing this form as an agent under a Power of Attor must be on file with Fidelity.	ney, Guardian, or Conservator. Your authority to

STEP 8 YOUR SIGNATURE (CONTINUED)

Place signature guarantee stamp in box.
7
Note: A notary public cannot provide a signature guarantee. To avoid possible delays in processing your request, please refer to the instructions.
ISTRUCTIONS
y Use Only Degree of Liability
Z \$10,000,000 Y \$5,000,000 X \$2,000,000 A \$1,000,000 B \$750,000 C \$500,000 D \$250,000 E \$100,000 F \$100,000 (Credit Unions)
02, Cincinnati, OH 45277-0090
estments, 100 Crosby Parkway, KC1E, Covington, KY 41015.
Please verify that you have provided:



Fidelity Investments Institutional Operations Company, Inc.

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