Fidelity makes it easy to manage your MRDs.
IMPORTANT MRD DEADLINES

April 1
• If you turn age 70½ this year, you generally must take your first MRD by April 1 of next year.
• If you turned age 70½ last year, and have not satisfied your first-year MRD, you generally must take your first MRD by April 1 of this year and your second MRD by December 31 of this year.
• If you own a Keogh Profit Sharing Plan, Money Purchase Plan, or Self-Employed 401(k) Plan, are still working, and are not more than a 5% owner of the business you work for, you may delay your first MRD until April 1 of the calendar year after the year you retire.

December 31
• If you turned age 70½ before last year, you generally must take your annual MRD by December 31 of this year.
Congratulations on saving for your retirement! If you’ve been saving money in a tax-deferred retirement savings account, such as an IRA or 401(k), turning 70½ is a major milestone. That’s because the Internal Revenue Service (IRS) generally requires that you begin making withdrawals, or Minimum Required Distributions (MRDs), soon after you turn age 70½. Although the process can be complicated, Fidelity can help make it easier.

We’ve divided this brochure into four sections to give you quick access to the information you need:

1. What Is an MRD?
2. How to Have Fidelity Calculate and Distribute Your MRDs
3. Understanding How to Calculate Your MRDs
4. Managing Your MRDs

And, on the last page, we have an MRD checklist for quick reference.

Ready to get started? Let’s go.
As you learn about MRDs and think about how to ensure timely distributions to avoid penalties, be aware that you have two options:

**OPTION 1**
Take your MRDs yourself

**STEP 1**
Make sure you understand the IRS requirements and potential penalties (pages 6–8).

**STEP 2**
Consider the pros and cons of delaying your first MRD (pages 10 and 12).

**STEP 3**
Review the MRD tracker on Fidelity.com to identify how much you may need to withdraw. Then just confirm or adjust this amount using the worksheet available online at Fidelity.com/learnmrd.

**STEP 4**
Set up and take your distribution in one of three ways, and plan to repeat the process every year (page 22).

**OPTION 2**
Let Fidelity help

Yes!

Review Section 2 in this brochure, then go to Fidelity.com/autowithd and enroll in automatic withdrawals for your MRD, or call a Fidelity Retirement Representative at 800-544-4774 for help. That’s it! Now relax and go to Section 4 to learn more about managing your distributions.

You may still want to review Section 4 of this brochure, just so you’ll be familiar with the process before you speak with a representative.

**Manage your MRDs**
Whether you take your MRDs yourself or have Fidelity do it for you, you’ll still need to manage your distribution. A Fidelity Representative can help you decide if you should use the money for expenses or reinvest it. So either way, we encourage you to review Section 4 of this brochure, then call a Fidelity Representative to make sure your MRDs fit into your overall plan for having the income you need in retirement.
What Is an MRD?
MRD stands for “Minimum Required Distribution,” and it refers to the IRS regulation that applies to money saved in a tax-deferred retirement savings account, such as an IRA or 401(k). You will generally be required to begin making withdrawals (MRDs) soon after you turn age 70½.

### Automatic withdrawals

Sign up for automatic withdrawals at [Fidelity.com/autowithd](http://Fidelity.com/autowithd), and based on the information you provide, Fidelity will:

- Automatically calculate the minimum amount you need to withdraw from your IRA assets and Keogh assets each year
- Direct those withdrawals to you, your bank account, or into a Fidelity non-retirement account that you specify
- Notify you annually each January of your MRD estimate amount and schedule for the year

### Why MRDs were created.

Tax-deferred retirement accounts were created based on the belief that tax breaks on contributions and earnings would encourage people to save for retirement. To fund these tax breaks and to ensure that the government has a steady stream of tax revenues, the IRS requires that you begin taking money out of these accounts not long after you reach normal retirement age.

Consolidating your retirement accounts and signing up for automatic withdrawals may make managing your withdrawals easier and reduce the chance of missing a deadline and incurring penalties. While you have to take minimum distributions from your Fidelity IRA or 401(k) accounts, you do not have to move those funds outside Fidelity.
There are some very important things you need to take into account as you begin to plan to take your MRDs.

- IRS requirements
- Timing
- Penalties
- Taxes
- Options

Let’s take the process step by step. Remember, if you have questions, a Fidelity Retirement Representative can help.
Know the IRS Requirements

It’s always important to understand what the IRS requires. Substantial penalties may apply if you do not meet the minimum withdrawal amounts and deadlines.

- For Traditional IRAs, Rollover IRAs, SEP-IRAs, SARSEP IRAs, and SIMPLE IRAs, you must begin taking MRDs by April 1 of the year after you turn 70½. There are no exceptions that allow you to further delay taking MRDs from these accounts. You must calculate the MRD for each of these account types separately, but you can withdraw the total MRD amount from any one or any combination of these accounts.

- You are not required to take MRDs from a Roth IRA during your lifetime, and you cannot satisfy an MRD requirement with a withdrawal from a Roth IRA.

- If you are age 70 or older, still working, and don’t own more than 5% of the company you’re working for, you can generally delay taking MRDs from that company’s 401(k), 403(b), or Keogh up until April 1 of the year after you retire. This exception does not allow you to delay MRDs from other plans you may hold with other companies you no longer work for.

(Note: Some older 403(b)s have special rules that allow participants to delay MRDs until age 75.) Check with your plan administrator for any special rules your plan may have.

- MRDs from 401(k) and Keogh accounts must be calculated separately for each account and must be taken from their respective accounts.

- MRDs for 403(b)s must be calculated separately for each account, but the total amount of the MRD can be withdrawn from any one or any combination of your 403(b) accounts.

- For any account in which an MRD is required, any distribution from that account during the year will count toward that year’s MRD. Amounts withdrawn in excess of the MRD, however, do NOT reduce the MRDs required in future years.

- For the 2009 calendar year, MRDs have been suspended per the Worker, Retiree, and Employer Recovery Act of 2008. Please check on Fidelity.com and enroll your email address so we can send information to you regarding any changes in regulations.
Our MRD tracker makes things easier

The year you turn 70½, the MRD Tracker will appear on your retirement account History page on Fidelity.com. From then on, it will always be there, and will be updated daily to show you:

• Your MRD estimate for IRAs and Fidelity Retirement Plan accounts such as Keoghs.

• A total MRD for all your Fidelity IRAs.*

• Distributions you’ve taken this year.

Go to Fidelity.com/myMRD, or see page 18 for more detailed information.

*The total MRD for all your Fidelity IRAs does not include Roth IRAs, inherited IRAs, workplace savings plans, or annuities.

Time your withdrawals.

If you turn age 70½ this year and none of the exceptions that allow you to delay your MRDs apply, you have until April 1 of next year to take your first annual MRD. In subsequent years, the deadline for taking MRDs is December 31.

Note: The information in this section is for the original owners of IRAs, 401(k)s, 403(b)s, and Keoghs only. If you own a different type of retirement account, or if you inherited a retirement account, different rules apply. Please consult your tax advisor for more information.
It's important that you understand and meet the MRD deadlines to avoid paying penalties.

Here’s the bottom line.
• If you are 70½ years or older, you may be required to take an MRD.

• If you are not yet 70½, you don’t need to take an MRD, but you may want to learn about them so you can plan for the future.

• If you’ve already turned 70½ and have begun taking MRDs, you need to continue taking your annual MRD.

• If you do not take all or a portion of your MRD by the required deadline, you may be subject to a 50% IRS penalty on the amount not timely taken, even if you withdraw it later. There is no penalty for withdrawing more than the MRD, however.

Know how your MRDs will be taxed.
Your withdrawals will be taxed as ordinary income for the tax year in which they’re taken. They also may be subject to state and local taxes. Nondeductible (after-tax) contributions to Traditional IRAs should be reported on IRS Form 8606 in the year they are made. It’s your responsibility to track them. For tax purposes, if you made any nondeductible contributions to any Traditional IRA, you will be required to aggregate all your non-Roth IRA accounts together to determine the portion of each distribution that is considered a nontaxable return of principal, and the portion that is taxable, regardless of the IRA from which the distribution is taken. This is also done on IRS Form 8606. Unless you direct us otherwise, the IRS will require Fidelity to withhold 10% of your IRA withdrawal for prepayment of federal income taxes (excluding Roth distributions).

You may direct Fidelity not to withhold federal taxes at the time of distribution, but you will be responsible for the full payment of federal income tax and any state or local taxes, as well as any penalties that may apply. You can elect to have taxes withheld at a rate greater than 10%. Applicable state and local taxes may also be withheld. Your actual tax liability may be more or less than the amount withheld.

Each year, withdrawals and any tax withholding from your Fidelity tax-advantaged retirement accounts will be reported on Form 1099-R to both you and the IRS.

It’s part of your retirement plan.
Whether you manage your MRDs yourself or have Fidelity do it for you, you will still need to decide what to do with your distribution. We encourage you to review Section 4 of this brochure, then call a Fidelity Representative to make sure your plan to use your distribution for expenses, or to reinvest it, fits into your overall plan for having the income you need in retirement.
One of the safest and most flexible ways to manage your MRD withdrawals is with a direct deposit into a Fidelity® mySmart Cash Account.® You can use it to pay expenses or invest through your Fidelity Account.®

- FDIC eligible¹
- Free debit/ATM card with reimbursed ATM fees²
- Free checkwriting, online bill payment, and bank transfers
- No-annual-fee Fidelity American Express® Rewards Cards³

Visit us at Fidelity.com/mysmartcash to open an account or learn more.

¹ The Cash Balance in the mySmart Cash Account is swept to an FDIC-insured account at a Program Bank, which earns a variable rate of interest. The deposit at the Program Bank is not covered by SIPC. The deposit is eligible for FDIC insurance subject to FDIC insurance coverage limits. For more information about FDIC insurance coverage, please visit the FDIC Web site at www.FDIC.gov. As referenced in the FDIC-Insured Cash (Core) Disclosure Statement for the mySmart Cash Account, customers are responsible for monitoring their total assets at the Program Bank to determine the extent of available FDIC insurance. All FDIC insurance coverage is in accordance with FDIC rules. Go to Fidelity.com/mysmartcashaccount to see a list of Banks Eligible to Receive Cash or the Bank Assigned to Receive Your Cash.

² All Fidelity ATM withdrawal fees will be waived for your mySmart Cash Account.® In addition, your mySmart Cash Account® will automatically be reimbursed for all ATM fees charged by other institutions while using a Fidelity Visa® Gold Check Card linked to your mySmart Cash Account® at any ATM displaying the Visa®, Plus®, or Star® logos. The reimbursement will be credited to the mySmart Cash Account® the same day the ATM fee is debited from the account. Please note, there is a foreign transaction fee of one percent that is not waived, which will be included in the amount charged to your account. The Fidelity Visa® Gold Check Card is issued by PNC Bank, NA, and administered by PFPC Trust Company, which are not affiliated with Fidelity Investments. The third-party trademarks appearing herein are the property of their respective owners.

³ For information about the rates, fees, other costs, and benefits associated with the use of this credit card, or to apply, go to www.fidelity.com/creditcards and refer to the disclosures accompanying the online credit card application, or call FIA Card Services toll free at 1-866-598-4971. This credit card program is issued and administered by FIA Card Services, N.A., which is not an affiliate of Fidelity Investments. American Express is a federally registered service mark of American Express and is used by issuer pursuant to a license.

Avoiding penalties
The IRS gives you two MRD options in the year you are required to take your first MRD:

1. Take it by December 31
2. Delay it until April 1 of the following year

But if you delay, you will be required to take both your first and second MRDs in the same tax year. Note the possible pros and cons of this decision.

**PRO:** Delaying your first MRD means your retirement assets will remain invested—and tax deferred—for a longer period.

**CON:** You will have to take your first and second MRDs in the same tax year. That might adversely affect your tax situation. Consult a tax advisor to evaluate your individual tax situation.

**Tips**

- Determine whether taking your first and second MRDs in the same tax year would adversely affect your tax situation. See more details on page 12.
- Make sure you take the entire amount of your MRD on time to avoid the 50% IRS penalty on the portion not distributed on time.
Delaying Your First MRD
Delaying Your First MRD—Familiarize Yourself with the Pros and Cons

As the hypothetical examples below illustrate, taking your first MRD in the year you turn 70½ may reduce the amount of your second MRD, allowing you to keep more money invested in your retirement account—and potentially reduce the tax liability on these two MRDs. However, a higher balance in the second year may result in a larger MRD and associated tax in later years.

These hypothetical examples assume a balance of $300,000 in a single Traditional IRA on 12/31 of the year prior to turning 70½. These results assume no change in the market value of the IRA’s investments for the entire period.

OPTION 1:
Delay your first MRD

If you turn 70½ and decide to wait to take your first MRD until April 1 of the following year, your calculation will be based on the prior year-end balance, which includes the undISTRIBUTED year #1 MRD amount. Assuming no other market value changes in your account, both MRDs will be based on $300,000. Using the Uniform Table available on Fidelity.com/learnmrd, your MRD amounts would be:

<table>
<thead>
<tr>
<th>MRD #1</th>
<th>$10,949.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>MRD #2</td>
<td>$11,320.75</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>$22,269.75</strong></td>
</tr>
</tbody>
</table>

OPTION 2:
Don’t delay your first MRD

If you take your first MRD by December 31 of the year you turn 70½, your second MRD will be based on the prior year-end balance, which does not include your first MRD amount. Assuming no other market value fluctuation in your IRA, your year #2 MRD would be based on a lower fair market value of $289,051, because your year #1 MRD would have already been distributed. Using the Uniform Table, your MRD amounts would be:

<table>
<thead>
<tr>
<th>MRD #1</th>
<th>$10,949.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>MRD #2</td>
<td>$10,907.00</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>$21,856.00</strong></td>
</tr>
</tbody>
</table>

The more volatile your IRA investments, the less likely you will be able to assess the market’s impact on the 12/31 account values used to calculate your MRDs.

Because MRD #1 is computed using a life expectancy of 27.4 years and MRD #2 is computed using a life expectancy of 26.5 years, taking your first MRD in the year that you turn 70½ may reduce the amount of your second MRD, allowing you to keep more money invested in your retirement account, and potentially reducing the tax you will pay.
MRDs can seem a bit overwhelming at first. The good news: Fidelity can make the whole process simple and easy.

A Fidelity Retirement Representative can answer your questions and help you make the choices that are right for you.
Take the Worry out of Your MRDs—for Free

Automatic withdrawals help make taking your distributions as easy as possible by managing the IRS requirements and deadlines for your MRDs. Fidelity will calculate and distribute your MRDs for any applicable Fidelity retirement accounts on a regular, prescheduled basis. You can sign up at any time, but a good idea might be to call us three months before you turn 70½.

**Automatic withdrawals will:**

- Provide information to help you understand IRS requirements and deadlines.
- Automatically calculate and withdraw your MRD each year.
- Direct those withdrawals to a Fidelity non-retirement account you specify, to you, or to your bank account.*
- Notify you each January of your annual MRD estimated amount and scheduled distributions for the upcoming year. (You will also receive a confirmation when your plan has been activated after you have returned a signed enrollment form.)

A Fidelity Representative can give you key points to consider to help you decide whether or not you should delay your first MRD.

*Costs could be associated with other investment accounts.

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Consolidate your retirement accounts

We can help you manage your MRD only on the accounts you hold at Fidelity. That’s one more reason to consider consolidating all your retirement accounts.
When you sign up for automatic withdrawals, Fidelity will waive the usual minimum investment requirements in the event you decide to open a Fidelity® mySmart Cash Account® or Fidelity Account® (a nonretirement brokerage account) to receive your distributions.

For ways to manage your MRDs and your retirement, review Section 4.
What to Do Next

To have Fidelity handle your MRDs, take these steps today:

1. **Set up your free automatic withdrawals for your MRDs.** Enroll in automatic withdrawals at Fidelity.com/autowithd. The online enrollment is easy and will take you through the process to establish your MRD plan. Or call a Fidelity Retirement Representative who will help you complete the Automatic Withdrawals Request Form over the phone and answer any of your questions. Just return the form with your signature to activate your automatic withdrawals plan. (You may want to review Section 1 of this brochure before you call.)

2. **Make sure your MRDs are being integrated into your overall retirement plan.** Consolidating your retirement accounts at Fidelity is an important part of being able to more easily manage your entire financial picture. By consolidating, automatic withdrawals can help make sure you are meeting all your MRD requirements.

Get started today—just call 800-544-4774.

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Do you have a Retirement Income Plan?

If you don’t yet have a retirement plan in place, a Fidelity Retirement Representative can help you set one up. Call 800-544-4774 today.
Determining your MRDs on your own—with a little help.

This section will walk you through the process, step by step, and help you understand what you need to do, and why. If you’re already 70½, you can begin with the MRD tracker.

Be sure you have reviewed the information on page 12 to familiarize yourself with your distribution options.
Calculating Your MRDs

If you decide to manage your MRDs on your own, there are a few ways to determine what the correct amount should be. But remember that regardless of which method you choose, you will need to recalculate them every year.

Two ways to calculate your MRDs

1. Have Fidelity do it for you.
   • Sign up for automatic withdrawals, then every year, Fidelity will calculate your MRD and distribute it as you have scheduled. Go to Fidelity.com/autowithd to enroll online. Or call a Fidelity Representative at 800-544-4774 and ask for an enrollment form.
   • Track your distributions during the year using our online tool, MRD Estimate (see directions next page)

2. Do it yourself.
   • Start with our online MRD Estimate tool and view the estimated amount you will need to withdraw. (See directions on next page)
   • Use our online MRD Calculator at Fidelity.com/mrdcalc to input your information and confirm or adjust your estimated MRD amount. Please note that the online MRD Calculator is intended for use with IRAs of the original owner only, not inherited IRAs.
   • Then, take a distribution online or complete and return a single distribution form. This form and others are available online at Fidelity.com in the Customer Service section.

Important MRD Estimate information:
Please note that the MRD Estimate calculations do not include:
• Rollover, or transfer, of additional assets into a new or existing retirement account after December 31 of prior year
• MRDs for retirement accounts such as workplace savings 401(k)s, 403(b)s or annuities, or for inherited retirement accounts

Multiple retirement accounts.
If you have more than one IRA, you’ll need to calculate the MRD for each one every year. You can combine the MRD amounts for all of your IRAs and withdraw the total amount from whatever IRA or combination of IRAs you want. (Non-Roth IRAs only.)

Additional important information:
• Retirement accounts not discussed in this brochure, or inherited retirement accounts, may follow a different set of rules. Consult your tax advisor or a Fidelity Retirement Representative.
• Make sure you use the market value of each of your retirement accounts as reported to you as of December 31 of the prior year. This balance may need to be adjusted for any transfers or rollovers that were in transit at year-end and were not credited to the account until after December 31. Refer to your first-quarter statements for any rollover and transfer amounts.
Track your MRD

Use our quick, easy online tool to:

• Estimate your MRD distribution
• Keep track of distributions
• Give yourself easy access to important MRD information for all your Fidelity retirement accounts (another good reason to consolidate all your retirement accounts at Fidelity)

To track your MRD:

• Log into your Fidelity account at Fidelity.com
• Select a retirement account
• Click “History” on the left hand navigation bar
• Track your MRD estimates and current distributions in the right hand column
• Click “Enlarge Print/View Calculation” to see the calculation behind the estimate
• Click “Enroll in Automatic Withdrawal” to sign up, or “View your Automatic Withdrawal” if you have already enrolled.

Screen shot is for illustrative purposes only.
Other Things to Think About

If you have qualified plan accounts — such as a Keogh Profit Sharing, Keogh Money Purchase, or Self-Employed 401(k), you must calculate and satisfy your MRDs for these separately from your IRAs. MRDs for 403(b)s, however, may be aggregated together similar to the way MRDs for non-Roth IRAs can be aggregated together.

Consult your tax advisor or plan administrator for calculation rules for other types of tax-advantaged retirement plans.

Make your life easier by consolidating.

It's fairly straightforward to calculate your MRDs and make the proper distributions, but only if you’re working with complete information. If you have retirement accounts at other financial institutions, now may be the time to consider consolidating them at Fidelity. It may make it easier to keep track of your assets and may potentially minimize your account maintenance fees.

Are you eligible for a spousal exception?

If your spouse is more than 10 years younger than you, and was the sole primary beneficiary of your account for the entire distribution year, you should qualify to use the Spousal Exception method to calculate your MRD for that account. This method usually results in lower MRDs as it allows you to use a distribution factor from the Joint Life Expectancy Table rather than the Uniform Lifetime Table for calculating MRDs. These tables are available online at Fidelity.com/learnmrd. Call a Fidelity Retirement Representative for more information.
AUTOMATE YOUR DISTRIBUTIONS

With Fidelity’s automatic withdrawals you can instruct Fidelity to automatically calculate, withdraw, and distribute your MRDs—for free. Just review Section 2 and go online to enroll, or call 800-544-4774.
To take your required distribution from your IRAs held at Fidelity, you’ll need to request either a single withdrawal or set up automatic withdrawals.

**Request a single withdrawal in one of three ways:**

1) Visit Fidelity.com to request a single withdrawal online (available only for IRA accounts)

2) Call a Fidelity Retirement Representative and request a single IRA withdrawal over the phone* (Keogh accounts require written documentation)

3) Visit Fidelity.com/forms to download a copy of the Single Withdrawal Request form for either your IRA or Keogh account. Complete the form, sign and return it to Fidelity

* Certain restrictions apply.
Enroll in automatic withdrawals to manage your MRDs.

1) Enroll online. Go to Fidelity.com/autowithd and log in. This online enrollment will allow you to establish a new automatic withdrawal plan or edit an existing one.

2) Call a Fidelity Retirement Representative and ask to complete the Automatic Withdrawals form over the phone (available only for IRA accounts).

3) For IRAs: Visit Fidelity.com/irapws-mrd to download a copy of the IRA Automatic Withdrawals for MRDs form.

4) For Keoghs: Visit Fidelity.com/keoghpws to download a copy of the Keogh Automatic Withdrawals form.

Decide how you want to use your distributions.

After calculating your MRDs, or confirming the amount on the MRD tracker, you'll need to decide whether or not you need the money to cover expenses—or reinvest it so that it has the potential to continue growing. If you can afford to reinvest, see some of the options available to you in Section 4. Now would also be a good time to see how your distribution fits as income in your overall retirement plan. If you don’t yet have a plan, or would like to review your current plan, call a Fidelity Retirement Representative.

Ready to take your MRDs? See the next page.
What to Do Now

It’s important to make certain you’re meeting all MRD deadlines and rules. If you’re in doubt, or have any questions, contact a Fidelity Retirement Representative. In general, just make sure you:

1. **Withdraw the required amount of money from your retirement accounts annually** by the specific deadline, and pay all applicable taxes on the money you withdraw.

2. **Decide how you want to receive your distributions**, and whether you want to use them for income, or to reinvest in a nonretirement account. And remember, a mySmart Cash Account® is a great way to manage your distributions.

3. **Incorporate your distributions into an income plan** that works best for your retirement. Even if you choose to calculate your MRDs on your own, having a Fidelity Retirement Representative help you create a retirement income plan is a good idea.

   **If you have any questions, or need help, call 800-544-4774.**
Managing Your MRDs

Whether you’re letting Fidelity handle your Minimum Required Distributions with automatic withdrawals, or doing the calculations yourself (starting with the MRD Estimate), now may be a good time to understand how your MRDs fit into your overall retirement income plan.

A solid plan helps you to realistically estimate your income and expenses, and seeks to increase the chances that your money will last as long as you need it.
Spending or Investing Your MRDs

As you begin to take your MRDs, you will periodically need to decide whether you’ll need this money for expenses or whether you should reinvest it—although you may wish to take a blended approach by using some funds as income while investing the balance.

**OPTION 1: Use your MRDs to pay for expenses.**

You can request that your distribution be deposited directly to your mySmart Cash Account, to your bank via Electronic Funds Transfer, or sent to you via check. Even if you don’t need additional income now, using your MRDs for current expenses may keep you from having to make withdrawals from another account that you would prefer to leave intact.

**OPTION 2: Invest your MRDs to potentially keep your money growing.**

You can have the withdrawn amount placed into a nonretirement account, such as a Fidelity Account®, and it will continue to be invested as you choose. If you do not already own a nonretirement account, visit Fidelity.com/openaccount. With a Fidelity Account® you can invest in stocks, bonds, and mutual funds—and access your money by check, credit card, or phone. (Note: If you decide to sign up for Fidelity’s automatic withdrawals, we’ll waive the usual minimum investment requirements for your account.)

**Use a mySmart Cash Account® for your expenses**

Having a mySmart Cash Account® is one of the best ways to manage your MRD distributions.

- There’s no risk of your MRD checks being lost or delayed
- Use our convenient ATM/debit card, checkwriting, and online bill payment features for your everyday spending
- Transfer money directly into your Fidelity Account® for investing
- Transfer money online between your mySmart Cash and bank account(s)

Go to Fidelity.com/mysmartcash to learn more.
Regardless of what you decide to do with your MRDs, remember to think of your IRA and other retirement accounts as part of your overall plan for retirement income and wealth transfer.

Remember, you’ll still pay taxes on the amounts you withdraw for your MRDs, no matter how you use them.
Get a clear view of your finances.
Having all your retirement accounts in one place lets you see your financial “big picture” more clearly, and can help you make more accurate decisions about your options.

Create an income plan for retirement.
Talk to one of Fidelity’s trained Retirement Representatives about Fidelity Retirement Income Advantage,® a suite of complimentary retirement services designed to help make sure you have the income you need in retirement. You can schedule an in-person or phone consultation to assess your financial situation, analyze your expected expenses and income, and help determine asset allocation and withdrawal strategies. Call 800-544-4774.

Consider annuities to generate income.
An income annuity can turn a part of your savings into monthly retirement income checks. It may give you the peace of mind that comes with having regular income you can’t outlive.1 Fidelity2 makes available a variety of annuities that offer a choice of flexible options from a selective network of highly rated insurance carriers.3

Another benefit of annuities is that the payments you receive from an income annuity automatically satisfy the MRD requirements for the retirement assets used to purchase it.

Give yourself flexibility.
Having all your retirement accounts at Fidelity gives you the flexibility to do more with your distribution. You can have us electronically deposit all, or a portion, of your assets in a mySmart Cash Account® to pay expenses, or transfer your distribution to your Fidelity brokerage account to give yourself the opportunity to keep your savings growing.

Consider Fidelity’s professional portfolio management for your retirement savings.
Fidelity Portfolio Advisory Service® offers you portfolio management by a dedicated team of investment managers. Your investment team can assess your investment and income needs, then select and implement your target asset allocation in a model portfolio of mutual funds.
Fidelity has helped millions of people realize their financial goals, including saving for their retirement.

Having all your retirement plans at Fidelity makes it easier for a Fidelity Retirement Representative to help you meet your goals.
Options for Using Your MRDs

If you don’t need your MRDs to cover immediate expenses, talk to your Fidelity Retirement Representative, then consider some of these options:

**Invest in a wide range of investments in a nonretirement account.**

Fidelity nonretirement brokerage accounts allow you to invest in a wide range of investments, including mutual funds, individual securities, and bonds. Fidelity manages a wide variety of mutual funds, from broad index funds to actively managed growth, income, sector, and bond funds. Visit Fidelity.com for more information on different types of investments that may be of interest to you.

To help manage your everyday spending, a mySmart Cash Account® is an innovative alternative to a traditional bank checking account. One of its many benefits is the fast, secure transfer of assets into and from your Fidelity brokerage accounts.

**Fund a Roth IRA — for tax-free distributions later.**

If you continue to have earned income, and meet eligibility requirements, you can continue to contribute to a Roth IRA (up to the annual contribution limit). Distributions from Roth IRAs are tax free provided the five-year aging requirement has been met and you are over age 59½ or disabled. Roth IRAs are not subject to MRDs during your lifetime. For complete rules on funding a Roth IRA, go to Fidelity.com/retirement.

**Use your MRDs as a rebalancing tool.**

If your portfolio has shifted in any meaningful way from your target asset allocation over the course of the year, you may want to consider using your MRDs in ways that help keep your allocation on track. Consider taking them from an asset class in which you are overweighted and investing the proceeds in a taxable account in an asset class in which you are underweighted.
Review and update your beneficiary designations.

If you’ve had a significant life event in your family, such as a birth, marriage, or death, be sure to make any necessary updates. In addition, you should ensure — at least on a periodic basis—that your designations match your current estate planning wishes.

**Note:** Retirement account assets generally pass to beneficiaries outside the instructions of a will. So individuals you have designated as beneficiaries will generally receive your retirement assets after your death, pursuant to the Fidelity IRA Custodial Agreement or any applicable Fidelity Retirement Plan document. To designate or change a beneficiary, visit [Fidelity.com/goto/beneficiary](http://Fidelity.com/goto/beneficiary).
Your MRD Checklist

Now that you have a solid understanding of the MRD requirements for your retirement accounts, it’s time to take action. Review the checklist below, which provides a guideline of next steps that may be appropriate for you.

☐ Incorporate your MRDs into a retirement income plan. Call a Fidelity Retirement Representative at 800-544-4774 to create or update your retirement income plan, for an MRD consultation, or to reassess your overall retirement situation.

☐ Consider consolidating your retirement assets to make it easier to manage your MRDs and retirement income needs. To transfer assets to Fidelity, please complete the Transfer of Assets form online by visiting Fidelity.com/goto/transfer.

☐ Determine your deadline for taking your MRDs.

☐ Use the MRD Estimate to estimate and track the amount of your annual required distribution. See page 19.

☐ Confirm the MRD Estimate. Are all your accounts and assets included? Visit the Retirement Resource Center at Fidelity.com/retire for online MRD calculation tools. Always feel free to call 800-544-4774 to speak with a Retirement Representative to help you with the process.

☐ Sign up for automatic withdrawals, then have Fidelity automatically calculate, withdraw, and distribute your MRD each year on a schedule you specify. To enroll in this automated MRD service, visit Fidelity.com/autowithd or call a Fidelity Retirement Representative who can help you complete the online enrollment or prefill an enrollment form to mail to you.

☐ Manage your distributions: If you plan to use your MRD for immediate expenses, you can transfer withdrawals directly to a mySmart Cash Account or have a payment sent to you. If you plan to reinvest your distributions, you can transfer the funds to your Fidelity Account. Or if you plan to use your MRD for both spending and reinvestment, you can open both accounts and use them together.

Visit us online at Fidelity.com to open the account(s) that’s right for you, or to learn more.

☐ Review and update your beneficiary designations. To change or designate a beneficiary, visit Fidelity.com/goto/beneficiary.
Make sure you’re on track for retirement by preparing for your MRDs well before you reach 70½.

Contact a Fidelity Retirement Representative at any time to discuss your MRDs or any of your other retirement planning needs.

Questions? Call 800-544-4774 or visit Fidelity.com/retirement
Fidelity Investments is one of the world's largest providers of financial services, with assets under administration of $3.1 trillion, including managed assets of nearly $1.5 trillion as of September 30, 2009. Fidelity offers investment management, retirement planning, brokerage, and human resources and benefits outsourcing services to over 20 million individuals and institutions as well as through 5,000 financial intermediary firms. The firm is the largest mutual fund company in the United States, the No. 1 provider of workplace retirement savings plans, the largest mutual fund supermarket and a leading online brokerage firm.

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Before investing, consider the funds’ or annuities’ investment objectives, risks, charges, and expenses. Contact Fidelity for a prospectus containing this information. Read it carefully.