

plan for your future

YOUR ARDENT HEALTH SERVICES RETIREMENT SAVINGS PLAN



You may spend 20 years or more in retirement — that's a long time to go without a paycheck! Of course, there will still be bills to pay, so you'll need to plan ahead for your future income needs.

Social Security may provide only 40% or less of your income, and continuing to work may not be possible. That leaves personal investments, savings, and other assets. Setting aside as much money as you possibly can during your working years can help you maintain a comfortable lifestyle in retirement — that's where the Ardent Health Services Retirement Savings Plan (the plan) comes in.

WHY ENROLL?

The plan offers you important advantages to help you prepare for your future.

- ✓ **Company matching contributions.**
- ✓ **Current tax savings.**
- ✓ **Investment choice.**
- ✓ **Flexibility to manage your account.**
- ✓ **Convenient payroll deduction.**

GET STARTED TODAY

There's no better time than right now to start investing in the plan. The sooner you start, the more potential you have to reach your goals.

40% of workers say that their family has less than \$1,000 saved towards retirement*.

**2016 EBRI Retirement Confidence Survey.*

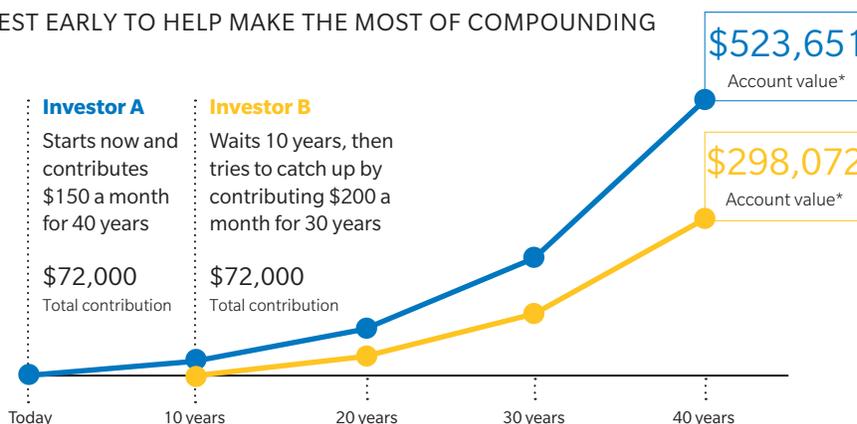


ENROLLING IS EASY

Read this guide to get started in just three simple steps:

- 1 Choose how much you want to contribute.**
- 2 Select your investments.**
- 3 Enroll.**

INVEST EARLY TO HELP MAKE THE MOST OF COMPOUNDING



** This illustration is intended solely to demonstrate the comparative effect of compounding on current versus delayed investments. It assumes the investor makes contributions at the end of each month and that the investment earns a hypothetical 8% nominal rate of return compounded monthly (the effective return is 8.30%). It does not reflect the return of any investment in the plan, which will fluctuate. Regular investing does not ensure a profit or protect against a loss in declining markets. Examples do not reflect taxes due upon withdrawal. Withdrawals are subject to income tax, and those made before age 59½ may be subject to an additional 10% penalty.*

LEARN MORE OR ENROLL NOW

ardenthealth.trsrretire.com or 1-888-976-8159

ArdentSM
HEALTH SERVICES

ENROLLING IN THE PLAN

Active enrollment

Ardent Health Services strongly encourages you to take an active role in your retirement planning by selecting the contribution rate and investment options that are right for you. Follow the three steps outlined in this guide to actively enroll.



LEARN MORE

Detailed information about your investment options is available online. You'll also find a variety of tools and calculators in the Resource Center to help you make your enrollment decisions and learn more about retirement planning concepts.

FOLLOW THESE THREE STEPS TO ACTIVELY ENROLL IN THE PLAN:

STEP

1

CHOOSE HOW MUCH YOU WANT TO CONTRIBUTE

You may contribute to the plan with before-tax money, after-tax money, or both, as outlined in the table below. Contributions must be made in 1% increments.

TYPE OF CONTRIBUTION	PERCENTAGE OF YOUR ELIGIBLE PAY YOU CAN CONTRIBUTE	IRS MAXIMUM LIMIT FOR 2017
Before-tax	Between 1% and 85%	Up to \$18,000
Roth 401(k) after-tax	Between 1% and 85%	Up to \$18,000
The combination of before-tax and Roth 401(k) after-tax cannot exceed 99% of your pay or the IRS limit of \$18,000.		
Catch-up (if you will be age 50 or older during the year)	N/A	Up to \$6,000, made as a separate dollar amount election

Please note: If you have made before-tax and/or Roth 401(k) after-tax contributions to another employer's plan during this calendar year, those contributions count toward the IRS contribution limit.

Contribute 5% to get the full company match

Ardent Health Services will contribute \$1.00 into your account for every \$1.00 you contribute to the plan, up to the first 3% of your eligible pay, plus \$0.50 for each \$1.00 you contribute on the next 2% of your eligible pay. Matching contributions will be automatically invested in the same manner as your contributions.



WHEN ARE YOU VESTED?

"Vesting" refers to your ability to keep the money if you leave the company. You are always 100% vested in your own contributions, company matching contributions, and any rollover contributions, subject to investment gains and losses.



ROTH 401(K) CONTRIBUTIONS

While you won't reduce your current taxable income as you do with before-tax contributions, withdrawals of Roth 401(k) contributions and qualified withdrawals of earnings on those contributions are tax-free.

To avoid taxation and early withdrawal penalties on earnings from your contributions, your Roth 401(k) account must be open for a least five years and you must be at least age 59½, or the distribution must follow death or disability.

Pay less in current income taxes

When you invest on a before-tax basis, you reduce your current taxable income. That means you'll pay less in taxes each pay period, and your contribution amount will have a smaller impact on your take-home pay than you might think. Take a look at this hypothetical example:

Let's assume a **\$50,000** salary, a flat **28%** tax rate, and a **4%** contribution rate (before-tax).



\$77 is invested in your plan account every two weeks ...



while your take-home pay is reduced by only **\$55**.

That's \$22 in current tax savings!

This is a hypothetical example that assumes a flat tax rate. Actual taxes are not flat and will vary based on each individual's situation. Withdrawals of before-tax contributions, and of earnings on any contributions, will be subject to income tax, and withdrawals made before age 59½ may be subject to an additional 10% penalty. Withdrawals of Roth 401(k) earnings are nontaxable if taken at age 59½ or later from an account held for at least five years. Please consult your tax advisor for further details.

HOW WILL YOUR CONTRIBUTION IMPACT YOUR PAYCHECK?

Use the online paycheck calculator to find out what impact your contribution rate will have on your take-home pay. Sign in to your account at **ardenthealth.trsretire.com** and choose Calculators from the Resource Center drop-down menu.



START NOW AND COMMIT TO SMALL INCREASES

Wish you could afford to contribute more? Don't delay enrolling, just start small and set your contributions to automatically increase over time using the Auto Increase feature. Learn more online by clicking on the Auto Increase link or follow the prompts during the enrollment process.

Regular investing does not ensure a profit or protect against a loss in a declining market.

SELECT YOUR INVESTMENTS

The plan offers you two ways to invest.

You can choose a **ready-mixed portfolio** that offers you a one-step approach to creating a diversified investment portfolio. This option may be right for you if you prefer the ease and convenience of a professionally diversified and managed fund.



You can choose to **mix your own portfolio** by selecting from the individual investment options available in the plan. This choice may be right for you if you prefer the freedom to create your own combination of investments and actively manage your own portfolio.



LEARN ABOUT YOUR INVESTMENT OPTIONS

Detailed information about your investment options, including fund fact sheets, can be found online. After signing in to your account, go to Fund and Fee Information under the Review drop-down menu for more information.



WHEN MIXING YOUR OWN PORTFOLIO, REMEMBER TO REBALANCE

Over time, different performance gains and losses among your investments can shift your portfolio away from your initial strategy. Rebalancing your portfolio can help you stay on track with your original investment strategy. You can sign up to have your portfolio automatically rebalanced every three, six, or 12 months. Learn more online.

Rebalancing does not ensure a profit or protect against a loss in a declining market.

ENROLL

You have two ways to enroll — online or by phone.

Online - ardenthealth.trsretire.com

- To enroll online, go to the plan's website.
- You will need to register your account to gain access to the website. To do this, click on "Get Started" and follow the prompts.
- As part of the account setup process, you will be asked to create a user name and password. You will also be asked to give the answers to several security questions, which will allow you to retrieve your login information if you forget it in the future.
- Once you've created your account, click on "Enroll now" and follow the instructions.



By phone – 1-888-976-8159

- For personal assistance, call the plan's toll-free number between 8 am and 10 pm ET, Monday through Friday, to speak with a service representative.
- Follow the prompts to enter information confirming your identity. For certain transactions, you will be prompted to establish a personal identification number (PIN).



REMEMBER YOUR LOGIN INFORMATION

You may want to make a note of your user name, password, and PIN here for future reference.

My user name:

My password:

My PIN:

YOU'VE ENROLLED. NOW WHAT?

Take advantage of the many tools and resources available on the plan's website.

From the Overview page on the Home tab, you can:

- View your current account balance.
- Access plan forms and investment information.
- Under the Manage tab, sign up for automatic features, like automatic rebalancing and auto increase.
- Under the Review tab, access market updates and create a personal investment watch list.
- Use the retirement planning calculators under the Resource tab to estimate how much you may need to retire and monitor your progress toward reaching that goal.

INFORMATION ABOUT INVESTMENTS AND FEES

The enclosed Expense and Investment Notice contains important information about the plan and its investments, including fees and expenses that may be charged to your account. Please review it carefully.

MAKING A ROLLOVER CONTRIBUTION

You may make rollover contributions from certain qualified plans and IRAs. Call the toll-free number or go online for more information.



NEED HELP OR MORE INFORMATION?

Log in to **ardenthealth.trsrretire.com** or call the plan's toll-free number at **1-888-976-8159** between 8 am and 10 pm ET, Monday through Friday.



NAME A BENEFICIARY

It's important to select someone to receive the value of your account in the event of your death. You can designate your beneficiary by calling or going online.



KEEP TRACK OF YOUR ACCOUNT ON THE GO

You can easily check your account balance and view other information with your mobile device. When you visit the website from a smartphone, a mobile-friendly version of key pages will automatically display for optimal viewing.



ACCESSING YOUR MONEY

The money in your account is intended as a long-term investment to help you prepare for your financial needs in retirement. However, under certain circumstances, you may be able to access money from your account before reaching retirement age. For information about requesting a loan or in-service withdrawal, call the toll-free number or go online.

Before investing, carefully consider the funds' or investment options' objectives, risks, charges, and expenses. Call 1-888-976-8159 for a prospectus and, if available, a summary prospectus, or an offering circular containing this and other information.

Investing involves risk, including the risk of loss.

While every effort has been made to ensure the accuracy of the information in this material, in the case of discrepancy, the official plan document will govern.