



## RECEIPT OF NOTICES AND OTHER DISCLOSURES VIA ELECTRONIC MEDIA

As defined by DOL Reg. § 2520.104b-1(c), all ERISA Title I Disclosures and other related insurance benefit information, including, but not limited to the items listed below via electronic media (e-mail, intranet posting, internet posting etc.):

- \*Summary Plan Descriptions (SPDs) - SPDs can be viewed on NCIRE's intranet site: <http://10.174.1.200/benefits.htm>. These documents summarize the major features of our benefit plans.
- Summaries of Material Modifications (SMMs)
- Summary Annual Reports (SARs)
- Health Insurance Portability and Accountability Act (HIPAA): Annual Notices of the Women's Health and Cancer Rights Act (WHCRA)
- Qualified Medical Child Support Orders (QMCSO)
- Documents which must be provided to a participant after written request is received by the Plan Administrator
- Information pertaining to Pension Plans (Investment Information , Individual Pension Benefit Statements and Pension Plan Loan Information)

I understand I have the right to request paper copies of any documents I receive via electronic media from the Plan Administrator free of charge. I also understand if any disclosures include personal information relating to my individual accounts and benefits, the plan administrator will take reasonable and appropriate steps to safeguard the confidentiality of my information.