



Seafarers International Union, AGLIW 401(k) Plan — MR 60169

- This form is used to accept rollovers from another employer's Qualified Plan or from a conduit Individual Retirement Account ("IRA").
- If you have not already done so, you must complete a Beneficiary Designation Form.

SECTION 1: Participant information

following sources (check one or more, as applicable):

Name (Last, First, Middle)		Date of Birth: mm – dd – yyyy
Street	City	State/Zip
Social Security Number (SSN)	Marital Status: O S	Single O Married Today's date
SECTION 2: Rollover co	ntribution amount (cl	heck one)
the tax notice regarding plan paym from your prior employer's plan. Co series running for 10 years or more	ents that should have been pro ertain distributions — for exam , certain "hardship" distributio	"eligible rollover distribution", as described in ovided to you when you received a distribution apple, installment payments that are part of a ons, or "minimum required distributions" after Roth IRA may not be rolled over to the Plan.
conduit IRA. (A "conduit IRA" is an	IRA that contains only amoun	evious employer's qualified plan, IRA or my ts rolled over from a previous employer's rollover contribution will be paid from the

• A direct transfer from my prior employer's qualified plan or IRA, in the amount of (enter approximate amount): \$_____

- A check from my previous employer's qualified plan, made payable to Reliance Trust Co. (RTC) FBO "your name."
- O Since the distribution was paid directly to me, I have attached a Cashiers Check or Money Order payable to Reliance Trust Co. (RTC) FBO "your name." I understand I have the option to include (or not to include) in this check the amount of any taxes withheld plus any outstanding loan balance deducted from the original distribution, in order to maximize the amount rolled over and to avoid any portion of this contribution being considered taxable to me. The distribution was rolled over within 60 days of receiving the distribution(s) from my previous employer's qualified Plan(s).

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SECTION 3: Investment of your contribution

If you have a balance in the Plan, your rollover contribution will be invested based on your current investment election on file for future contributions. If you do not have a current balance in the Plan, your rollover contribution will be placed 100% into the American Funds Balance Option. Once your rollover has been deposited in the Plan you may make an investment election to transfer these monies to other investment options on the website or over the telephone at any time.

SECTION 4: Participant signature

I certify that this rollover represents taxable monies originating from a previous employer's qualified plan or IRA, and non-taxable contributions if applicable. I additionally certify that the information in this form is complete and accurate. This material must be preceded or accompanied by the current prospectus where applicable. Investors should consider an investment's risks, charges and expenses carefully before investing. This and other information is available in the prospectus. Read it carefully before investing.

Signature of Participant	Date:	
Send the completed form along with the check to MassMutual:		
MassMutual Retirement Services		

PO Box 219062
Kansas City, MO 64121-9062

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