MFS® EMPLOYER 403(b) PLAN (THE "PLAN") INSTALLMENT DISTRIBUTION AUTHORIZATION



From Individual Accounts Using MFS Heritage Trust Company as Custodian

Instructions

All sections are required.

- For Required Minimum installment distributions, please complete Section 5A.
- For all other installment distributions to participants, please complete Section 5B or 5C.
- For installment distributions to beneficiaries, please complete Section 5D or 5E.

1. Employer/Plan Administrator

PLAN NAME	
PLAN MAILING ADDRESS	
CITY	STATE ZIP CODE
PLAN ADMINISTRATOR'S OR CONTACT'S NAME	PLAN ADMINISTRATOR'S OR CONTACT'S PHONE NUMBER
. Participant in Plan	
PARTICIPANT'S FIRST NAME	MI LAST NAME
SOCIAL SECURITY NUMBER	DATE OF BIRTH (MM/DD/YYYY)
. Reason for Distribution	
Choose one:	
○ Reached age 59½	
Termination/Retirement	
O Death (Complete Section 5D or 5E.)	
Disability	DATE OF DEATH (MM/DD/YYYY)
Required Minimum Distribution (Complete Section)	on 5A.)
Qualified Reservist	
Note: Certain distributions may be subject to Contin	gent Deferred Sales Charge.

4. Payment Instructions

Please make payment(s) to

Choos				
	articipant in Plan	annont Dlan (This aution		tad if Castion 7C is shoots
_	ustee or Custodian of a traditional IRA or eligible Retiro dividual Beneficiary (Complete Section 5D or 5E.)	ement Plan. (This option	i must be selec	led II Section 7C is checked
O IIIC	dividual beneficiary (Complete Section 3D of 3E.)			
_		SPOUSE	OTHER	
BEN	NEFICIARY'S NAME		REL.	ATIONSHIP
BEN	NEFICIARY'S SOCIAL SECURITY NUMBER BENEI	FICIARY'S DATE OF BIRTH (MM/I	DD/YYYY)	
If t	there are additional primary beneficiaries, please c	omplete a separate for	rm for each b	eneficiary.
	The beneficiary is a child of the 403(b) participant	who has not attained	the age of m	ajority.
O Est	tate, trust, or other entity beneficiary (Complete Se	ection 5D or 5E.)		
ESTATE, 1	TRUST, OR ENTITY BENEFICIARY NAME		TAXPAYER IDENT	FICATION NUMBER (TIN)
Please	e mail payment(s) to:			
	ADDRESS			
MAILING	a ADDRESS			
MAILING CITY	1 ADDRESS		 STATE	ZIP CODE
CITY		tion o		ZIP CODE
CITY Detai	ils Related to the Installment Distribu	·		ZIP CODE
Detail For all	ils Related to the Installment Distribu	ins will be reinvested.	4, B, C, D, or E.	
Deta For all	ils Related to the Installment Distribu I installment distributions, dividends and capital ga	ins will be reinvested.	4, B, C, D, or E.	
Detail For all A. Rec	ils Related to the Installment Distribu	ins will be reinvested.	4, B, C, D, or E.	
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Detain For all A. Rec	ills Related to the Installment Distribu I installment distributions, dividends and capital ga equired Minimum Distribution. Complete this se quired Minimum Distribution (RMD). Hoose one. There is more than one primary beneficiary, the beneficiary is the participant's spouse and is not	ins will be reinvested. ection if the installment participant's beneficial more than ten years y	A, B, C, D, or E. t distribution i ry is not his or	s to satisfy the participan her spouse, or the the participant.
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For all A. Rec Che	Installment distributions, dividends and capital gas equired Minimum Distribution. Complete this sequired Minimum Distribution. Complete this sequired Minimum Distribution (RMD). Hoose one. There is more than one primary beneficiary, the beneficiary is the participant's spouse and is not The sole primary beneficiary is the participant's state participant. NAME OF SPOUSE BENEFICIARY BENEFICIARY'S SOCIAL SECURITY NUMBER	ins will be reinvested. Ection if the installment participant's beneficial more than ten years y spouse who is more th BENEFICIARY'S DATE OF BIT for your first payment. Int until the first quarte	A, B, C, D, or E. It distribution is ry is not his or rounger than the distribution is rear ten years y Otherwise, shor of the year for	s to satisfy the participan ther spouse, or the the participant. Younger than kip to Section 6.
Detail A. Rec Cho Detail I wage	Installment distributions, dividends and capital gas equired Minimum Distribution. Complete this sequired Minimum Distribution. Complete this sequired Minimum Distribution (RMD). Hoose one. There is more than one primary beneficiary, the beneficiary is the participant's spouse and is not The sole primary beneficiary is the participant's state participant. NAME OF SPOUSE BENEFICIARY BENEFICIARY'S SOCIAL SECURITY NUMBER Referral. Only complete this part if you wish to defivent to defer my first minimum distribution payments.	ins will be reinvested. Ection if the installment participant's beneficial more than ten years y spouse who is more th BENEFICIARY'S DATE OF BIT for your first payment. Int until the first quarte	A, B, C, D, or E. It distribution is ry is not his or rounger than the distribution is rear ten years y Otherwise, shor of the year for	s to satisfy the participan her spouse, or the the participant. rounger than

SECTION 5 CONTINUED FROM PREVIOUS PAGE

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		tribution Period for It due to a Required Mi	-		he participant is living a	and the		
		yments using the partic						
0		yments using the joint		•	nd the beneficiary listed	d below.		
	Pay the total	balance overye	ears (may not exc	eed the life expect	ancy of either the part	icipant or that		
		NUMBER i ipant and beneficiary li						
	or the partie	ipant and beneficiary in	stea below.					
	DENIETICIA DVICA	LANAE		SPOUSE OTH				
	BENEFICIARY'S N	IAME			RELATIONSHIP			
	DENIEEICIADV'S S	- [] - [] OCIAL SECURITY NUMBER		BENEFICIARY'S DATE OF B				
				SENEFICIANT 3 DATE OF BI	INTH (IVIIVI/DD/TTTT)			
		tributions of a fixed						
N	lote: Mandator	y 20% federal income	tax withholding	will apply.				
T	o establish this	option on an account,	a \$5,000 minimu	m account value (բ	per fund account) is red	quired.		
		Required Minimum D						
	• •	ployment, whichever is later, you may be required to increase the dollar amount of your installment						
р	ayments to me	et your Required Mini	imum Distributio	on amount.				
·	FUND NUMBER	et your Required Mini	imum Distribution AMOUNT PER DISTRIBUTION	on amount. FUND NUMBER	ACCOUNT NUMBER	AMOUNT PER DISTRIBUTION		
·	•		AMOUNT PER		ACCOUNT NUMBER	AMOUNT PER		
·	•		AMOUNT PER DISTRIBUTION		ACCOUNT NUMBER	AMOUNT PER DISTRIBUTION		
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FF CC aa bb yy [or Class A, Class Education on the annivole net of CDSC (ou notify us oth Payment amounts)	ACCOUNT NUMBER S B, and Class C shares, cred Sales Charge (CDS) and Class C shares, CD! ersary each year after. C payment will be for the erwise by checking the pount should be reduced tribution Period for a	\$ annual withdraw C). SC is calculated be lass A, Class B, a amount requested box below.	als of up to 10% of ased on the accourd Class C CDSC of and additional slue.	f the account value car nt value on the date of alculation — If CDSC is nares will be sold to cov	AMOUNT PER DISTRIBUTION \$ a be made without the first payment due, payments will ver the CDSC) unles		

D

As a general rule, for a participant who died on or after January 1, 2020 the assets in the plan must be distributed to the designated beneficiary by the end of the tenth calendar year following the year of the participant's death. However, if the beneficiary is an "eligible designated beneficiary," such beneficiary may receive RMDs calculated with reference to his or her life expectancy. An "eligible designated beneficiary" is any individual who is the surviving spouse of the participant, a child of the participant who has not attained the age of majority (upon such child attaining the age of majority any remaining assets must be distributed no later than the end of the tenth calendar year after the calendar year in which the child reaches the age of majority); certain disabled and chronically ill individuals, and an individual not listed above who is less than 10 years younger than the participant. Please consult with your tax advisor to determine if you qualify as an eligible designated beneficiary.

\bigcirc	Life Expectancy: Pay the total account balance over the beneficiary's life expectancy, beginning in
	MONTH YEAR . The beneficiary's date of birth is (MM/DD/YYYY)
	Note: May be no later than December 31st of the calendar year immediately following the year in which the participant diec
\bigcirc	Period Certain: Pay the total account balance over $\frac{1}{NUMBER}$ years (may not exceed the number of years that
	would be calculated under the Life Expectancy method), beginning in
	Note: May be no later than December 31st of the calendar year immediately following the year in which the participant died.
	ignated Beneficiary (an individual or qualified trust who is not an eligible designated beneficiary lefined above):
\bigcirc	10-Year Period: I intend to deplete the account by the end of the 10th year following the year in which the
	participant died. Pay the total account balance over years (may not exceed 10 years from
	the date of death of the participant) beginning in STARTING MONTH
	Note: If the participant died on or after receiving RMD, the beneficiary must take RMD payments in years 1-9 depleting the account by the 10th year after the participant's date of death.
\bigcirc	Life Expectancy: Pay the total account balance over the beneficiary's life expectancy, beginning in
	${\text{MONTH}}$. The beneficiary's date of birth is ${\text{(MM/DD/YYYY)}}$.
	Note: If Life Expectancy is chosen, the entire account balance must be paid out by the 10th year from the participant's date of death. In the event your life expectancy is longer than 10 years, you must request the final payout in year ten.
Enti	ty Beneficiary (e.g., the estate, a charity, or a non-qualified trust):
\bigcirc	5-Year Period: I intend to deplete the account by the end of the 5 th year following the year in which the
	participant died. Pay the total account balance over $\frac{1}{NUMBER}$ years (may not exceed five), beginning in
	STARTING MONTH .
\bigcirc	The decedent's remaining life expectancy: Pay the total account balance over the decedent's remaining life
	expectancy beginning in (may be no later than December 31st of the calendar
	year immediately following the year in which the participant died).
	Note: This option is only available if the participant died after the required beginning date.
For E	Beneficiaries of 403(b) Participants who Died in 2019 (or earlier)
	5-Year Period: I intend to deplete the account by the end of the 5th year following the year in which the
	403(b) participant died. Pay the total account balance over years (may not exceed five) beginning in
	STARTING MONTH
	Note: Under the Coronavirus Aid, Relief, and Economic Security Act (the "CARES Act") provision waiving Required Minimum Distributions (RMDs) for calendar year 2020, the year 2020 can be disregarded for purposes of applying the 5-year distribution rule. If the 403(b) participant died in 2019 and you wish to disregard the year 2020 when distributing from the account, the total account balance must be depleted by the end of the 6th year following the year in which the participant died.

6. Payment Frequency for Installment Distributions.

Withdrawals can be processed between the **15th and 31st** day of the month. Installment distributions will occur at the frequency indicated and will be processed on or about the same day of the month. Please allow at least 10 days from the day the form is mailed for the systematic withdrawal plan to start drafting.

If no frequency is indicated, withdrawals will be made monthly. If no day is chosen, or if a day that is not between the 15th and 31st is chosen, withdrawals will be made on or about the 24th.

Choose frequency.							
Monthly							
Or							
Other than monthly (check month(s) below)							
○ Jan ○ Feb ○ Mar ○ Apr ○ May	○ June	O July	○ Aug	Sept	○ Oct	○Nov	○ Dec
Please start my withdrawals on the		IG MONTH	·				

7. Distribution and Income Tax Withholding Instructions Please complete A, B, or C.

A. \bigcirc	This installment distribution is for a period less than 10 years and is subject to mandatory withholding of 20%
	for federal income tax purposes. Distributions which are subject to federal income tax withholding and which are
	paid to residents of AR ¹ , CA, CT ² , DE, IA ³ , KS, ME, MD, MA, MN ⁴ , NE, NC, OK ⁵ , OR, VT, and VA are subject to
	mandatory state income tax withholding (the list of states may change as a result of changing state legislation).

Withhold______% (if more than 20%) for federal income taxes.

¹ Residents of AR are required to have federal and state income tax withholding applied to eligible rollover distributions.

² Distributions paid to residents of CT are subject to state income tax withholding regardless of federal withholding election unless a completed Form CT-W4P is on file.

³ Residents of IA will have state income taxes withheld unless you qualify for the retirement income exclusion.

⁴ Residents of MN will have state income taxes withheld regardless of whether you've elected federal income tax withholding unless you submit or have submitted a completed Form W-4MNP for a periodic or non-periodic distribution. If not already submitted, a Form W-4MNP should be submitted with this distribution request. If you have not submitted a completed W-4MNP at the time of your distribution request, MFSC will withhold based on the applicable state tax rate in accordance with state statute.

⁵ Residents of OK will have state income taxes withheld regardless of federal income tax withholding unless you submit a completed Form OK-W-4-R for a periodic or partial distribution with this request.

В. ()	is not an individual, or an installment distribution for a period of withholding rate of 10% for federal income tax purposes and is paid to a resident of AR ¹ , CA, CT ² , DE, IA ³ , KS, ME, MA, MN ⁴ , N may change as a result of changing state legislation). If your state least the minimum state tax regardless of the election below.	10 years or more. It is subject to a voluntary subject to state income tax withholding only if E, NC, OK ⁵ , OR, VT, and VA. (The list of states
	The amount requested for distribution will be reduced by the an	nount withheld for taxes.
	Withhold% (0%-100%) for federal income taxes. indicated to not withhold for federal income taxes, you must income taxes.	
	Note: If a withholding election is not made above, 10% withho state taxes will be withheld if applicable).	lding will be applied to the distribution (plus any
1	¹ Residents of AR will have state income taxes withheld regardless of federal income tax withholding you must submit a completed Form AR4P.	me tax withholding elections. To opt out of AR state income
2	² Distributions paid to residents of CT are subject to state income tax withholding completed Form CT-W4P is on file.	regardless of federal withholding election unless a
3	$^{\rm 3}$ Residents of IA will have state income taxes withheld unless you qualify for the	retirement income exclusion.
4	⁴ Residents of MN will have state income taxes withheld regardless of whether yo submit or have submitted a completed Form W-4MNP for a periodic or non-peri should be submitted with this distribution request. If you have not submitted a of MFSC will withhold based on the applicable state tax rate in accordance with state.	odic distribution. If not already submitted, a Form W-4MNP completed W-4MNP at the time of your distribution request,
5	⁵ Residents of OK will have state income taxes withheld regardless of federal income	ome tax withholding unless you submit a completed Form
	OK-W-4-R for a periodic or partial distribution with this request.	
C. ()	This installment distribution is for a period less than 10 years and withholding because each installment is being directly rolled ove a new traditional MFS IRA. An MFS IRA Application comp beneficiary is attached.	er to:
	an existing traditional MFS IRA or eligible Retirement Plar	for the participant or spouse beneficiary.
	FUND NUMBER ACCOUNT NUMBER	
	a traditional IRA or eligible Retirement Plan for the participanother institution. Please provide the name of the trust	
	TRUSTEE OR CUSTODIAN NAME	PLAN NAME

Any rollover election will remain in effect until the Plan Administrator notifies us of any change in writing.

8. Employer Authorization

I certify that (1) I am an authorized signer for the Plan; (2) this distribution is in accordance with the terms of the Plan; (3) the Plan Administrator has provided the participant or other distributee with a written explanation of the rules permitting direct rollover of eligible rollover distribution amounts to an eligible retirement plan and mandating 20% federal income tax withholding on distributions that are not directly rolled over, and has also complied with any other notice requirements to the participant that are applicable to this distribution (e.g., notices of annuity form of benefit, spousal consent, voluntary withholding, etc.); (4) all the distribution amounts that are being directly rolled over are eligible rollover distributions and are being rolled over to an eligible retirement plan that will accept them; (5) if a distributee receives an amount that is not an eligible rollover distribution and thus is subject to voluntary federal tax withholding, and any applicable state tax withholding, MFS Service Center, Inc., and its affiliates may rely on my authorization for federal tax withholding and any applicable state tax withholding; (6) the Employer/Plan Administrator has not delegated to any other person or entity, by this form or otherwise, its income tax withholding duties and obligations under section 3405 of the Internal Revenue Code of 1986, as amended. MFS Service Center, Inc., and its affiliates, the MFS Funds and the Custodian, MFS Heritage Trust Company, are entitled to rely on my authorization and are released from any and all claims I may have, or claim to have, with respect to this distribution. I also agree to indemnify and hold harmless MFS Service Center, Inc., and its affiliates, the MFS Funds and the Custodian, MFS Heritage Trust Company, from and against any loss, liability, cost or expense (including, without limitation, counsel fees and expenses in connection with the contest or settlement of any claim) that any one of them might incur or sustain, or discover that they have incurred or sustained, by reason of any claim or claims which may be made against any of them as a result of this distribution.

SIGNATURE OF EMPLOYER/PLAN ADMINISTRATOR (AUTHORIZED PERSON)	DATE (MM/DD/YYYY)
PRINT NAME	
Signature Authentication	
Signature authentication is required for all request	
Notary Public Stamp, Signature Guarantee, or Me	•
AFFIX STAME	The signature(s) must be guaranteed by an eligible bank, broker, dealer, credit union, national securities exchange registered securities association, clearing agency, or savings association. Signature guarantees shabe accepted in accordance with policies established by MFS Service Center, Inc. and must not be dated. A notary public stamp car be obtained from a notary public signing ager Both notary public signature and original notary.

If you have any questions about this form, please contact the Retirement Plans Service Department at 1-800-637-1255 any business day.

Mail completed form to:

Regular mail

Overnight mail

MFS Service Center, Inc. P.O. Box 219341

MFS Service Center, Inc.

Kansas City, MO 64121-9341

801 Pennsylvania Ave, Suite 219341 Kansas City, MO 64105-1307 stamp is required within the affix stamp box.