

SEAFARERS HEALTH & BENEFITS PLAN
SEAFARERS PENSION PLAN
SEAFARERS MONEY PURCHASE PENSION PLAN

5201 Auth Way
Camp Springs, Maryland 20746-4275
(301) 899-0675

Margaret R. Bowen
Administrator

May 10, 2017

CONSENT TO RECEIVE CERTAIN PLAN DOCUMENTS BY ELECTRONIC DELIVERY

Dear Plan Participant:

The Seafarers Plans always seek to keep Plan participants up-to-date with changes in benefits and other information about the Plans. The Plans do this by sending letters, Summary Plan Description Booklets (SPDs) and other Plan information to your home address, printing notices in the Seafarers LOG, posting information online at www.seafarers.org and by providing information at Union meetings.

The Plans currently mail certain **non-confidential** plan documents to you, in addition to posting them on the website. These documents include: Summary Plan Descriptions (also known as the "Guide to Your Benefits"), the SHBP Summary of Benefits and Coverage, letters about changes in your benefits, funding notices, and various other notices required by federal regulations. If you consent, the Plan will no longer mail these documents to you. It is generally more convenient to view these documents electronically on the Seafarers website, as you always have access to the most current Plan information. Receiving documents electronically also avoids wasting resources, and prevents cluttering your home with excess paper.

The documents posted on the Seafarers website are identical to the documents that the Plans mail to you. If you consent to electronic delivery, the Plans will send you an e-mail to alert you when an important new document is posted online. You still have the right to receive a paper copy of any of these documents upon request. You also have the right to withdraw your consent at any time by notifying the Plans' Administrator in writing.

In order to view and download documents from www.seafarers.org you must have access to a computer or another electronic device which is capable of accessing the internet (such as a tablet or cellphone), and you must have software which permits you to receive and access Portable Document Format (PDF) files, such as Adobe Acrobat Reader® version 6.0 or higher.

If you wish to consent to electronic delivery of the following documents: Summary Plan Descriptions (also known as the "Guide to Your Benefits"), the SHBP Summary of Benefits and Coverage, letters about changes in your benefits, funding notices, and various other notices required by federal regulations, **please fill out the form on the following page and return it to the Plans' office at: Seafarers' Plans, Attn: Administrator, 5201 Auth Way, Camp Springs, MD 20746. The Plans will continue to mail documents to you that contain confidential information (such as Explanation of Benefits, pension statements, ID cards and any other documents that contain personal information).**

Sincerely,

Margaret R. Bowen
Administrator

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**CONSENT TO RECEIVE CERTAIN NON-CONFIDENTIAL PLAN DOCUMENTS
BY ELECTRONIC DELIVERY**

YES – I consent to receive the non-confidential Plan documents listed below* by viewing these documents at www.seafarers.org instead of receiving them by mail.

I understand that:

- **I may always request a paper copy of any of these documents by contacting the Plans' Administrator;**
- **the Plans will send an e-mail to me at my personal e-mail address listed below, whenever an important Plan document is posted on the Seafarers website;**
- **I have the right to withdraw my consent at any time by notifying the Plans' Administrator in writing;**
- **I may update my email address in my member portal or by notifying the Plans' Administrator in writing.**

Name: _____ Last 4 digits of SS#: xxx-xx-_____
(print)

Signature: _____ Date Signed: _____

E-mail address: _____
(print clearly)

**DISCLAIMER - This e-mail address will only be used to communicate
Seafarers Benefit Plans information. It will not be shared with any other entities.**

Non-confidential documents include: Summary Plan Descriptions (also known as the "Guide to Your Benefits"), the SHBP Summary of Benefits and Coverage, letters about changes in your benefits, funding notices, and various other notices required by federal regulations. **If you consent, the Plan will no longer mail these documents to you.*

Mail completed form to:

Seafarers Plans / Attn: Administrator / 5201 Auth Way / Camp Springs, MD 20746

SHBP Electronic Consent--05/2017