

Enrollment Form

Case Number: 294-80299
MID ATLANTIC HOME HEALTH 401(K) RETIREMENT PLAN

BENEFITS 21 LLC

Yes, sign me up.

Follow these four easy steps:

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Please clearly print current and accurate information below. Please note that this enrollment form is for your initial enrollment only. For future changes, refer to the account access card on the back cover. All employees who have met the plan's eligibility requirements, regardless of whether you choose to participate, must complete all applicable sections of the form.

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STEP ONE: COMPLETE YOUR PERSONAL INFORMATION

Social Security

Number:

Name:

Last

First

MI

Address:

Street & Apt#/PO Box

City

State

ZIP Code

/ /

/ /

Date of Birth

Date of Hire

Gender (M or F)

Marital Status

Phone Number

STEP TWO: COMPLETE YOUR CONTRIBUTION ELECTION(S)

ELECTIVE DEFERRALS

- I elect to participate and contribute _____% or \$ _____ of compensation per pay period on a **pre-tax** basis. (Maximum plan limit for pre-tax contributions: \$17,000 for 2012).
- I elect not to make *elective deferrals* until further notice. I understand that if I do not participate now, or discontinue participation, I must wait until the next available enrollment date. Although I elect not to save through payroll deduction, I understand my employer may elect to contribute a discretionary contribution to the plan, and I authorize such a contribution to be invested as indicated below. If I elect to roll over money into the plan I also authorize my rollover to be invested as indicated below.

CATCH-UP CONTRIBUTIONS

- I will be at least 50 years of age or older by the end of the calendar year and elect to make catch-up contributions to the plan. (The maximum catch-up contribution is \$5,500 for 2012.) I elect to contribute _____% of compensation per pay period as catch-up contributions once my maximum allowable deferral limits are met.

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Please turn to the next page and proceed to Step Three.
PLEASE BE SURE TO RETURN ALL PAGES OF THIS FORM

Social Security

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STEP THREE: CHOOSE YOUR INVESTMENT OPTION BY CHECKING A BOX BELOW

The following investment allocation will apply to all new money deposited into an existing group annuity or trust contract unless otherwise directed. Monies previously deposited to this contract will not be changed to reflect the selections below. If you do not select a fund on this form or if the form is not completed by the time the first deposit to your account is received, and your plan has a default fund, then deposits will be made to the plan's default fund.

Please complete one of the "Help Me Do It" or "I'll Do It Myself" sections based on your investment style and goals.



HELP ME DO IT

I prefer to pick just one fund, based on the year I plan to retire.

✓ Check one box below that aligns closest to your expected retirement date, then go to the next step and sign your name.

Fund Name:	Inquire Code:	Allocation Percentage:
<input type="checkbox"/> Vngrd Trgt Rtrmt 2010	2327	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2015	2328	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2020	2329	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2025	2330	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2030	2331	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2035	2332	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2040	2333	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2045	2334	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2050	2335	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2055	2830	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt 2060	4357	100%
<input type="checkbox"/> Vngrd Trgt Rtrmt Inc	2336	100%

I prefer to pick just one fund, based on my investor profile.

✓ Select the fund below that matches your profile, then go to the next step and sign your name.

Fund Name:	Inquire Code:	Allocation Percentage:
<input type="checkbox"/> NW Inv Dest Mod Aggr Inst	1619	100%

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I'LL DO IT MYSELF

I elect to invest as follows:

Select investments below based on your profile, then go to the next step and sign your name. All allocations must be made in whole percentages, and the total must equal 100%.

Asset Class	Fund Name	Percentage	Inquire Code	Asset Class	Fund Name	Percentage	Inquire Code
SP	AllBer Glbl Bd Adv	____%	2548	BA	Vngrd Trgt Rtrmt 2030	____%	2331
SP	Vngrd REIT Indx Sgnl	____%	2848	BA	Vngrd Trgt Rtrmt 2035	____%	2332
IS	AmFds EuroPacfc Gr R6	____%	2583	BA	Vngrd Trgt Rtrmt 2040	____%	2333
IS	Harbor Intl Inst	____%	1814	BA	Vngrd Trgt Rtrmt 2045	____%	2334
IS	Opp Devl Mkt Y	____%	2606	BA	Vngrd Trgt Rtrmt 2050	____%	2335
IS	Opp Glbl Oppr Y	____%	2610	BA	Vngrd Trgt Rtrmt 2055	____%	2830
IS	Vngrd Ttl Intl StkIndx Sgn	____%	2902	BA	Vngrd Trgt Rtrmt 2060	____%	4357
SC	Heartland Val Inst	____%	2813	BA	Vngrd Trgt Rtrmt Inc	____%	2336
SC	PIMCO SmCap StkPls Tr Inst	____%	2291	BA	Vngrd Wlngtn Inv	____%	1514
SC	TRowePr New Hrizns	____%	2640	BA	Vngrd Wlsly Inc Inv	____%	1449
SC	Vngrd SmCap Indx Sgnl	____%	2900	BD	AmCent Infl Adj Bd Inst	____%	1392
MC	JPM MdCap Val Inst	____%	1423	BD	Fed Inst Hi Yld Bd Inst	____%	1768
MC	NeuBer Genesis Inst	____%	2706	BD	FidAdv Strat Inc I	____%	2692
MC	Prncpl MdCap Blind Inst	____%	2297	BD	JPM Mrtg Bckd Sel	____%	2596
LC	AmFds Am Mut R6	____%	2567	BD	Payden GNMA	____%	2621
LC	MFS Mass Inv Gr Stk R4	____%	2398	BD	PIMCO Real Rtn Inst	____%	1435
LC	Prncpl Eq Inc I Inst	____%	2293	BD	Prncpl Hi Yld Inst	____%	2631
LC	Vngrd 500 Indx Sgnl	____%	2889	BD	RdgWrth Corp Bd I	____%	1108
LC	Vngrd Divd Gr Inv	____%	2317	BD	RdgWrth Intmd Bd I	____%	2406
LC	Vngrd Ttl StkMkt Indx Sgnl	____%	2903	BD	TCW Ttl Rtn Bd I	____%	1825
BA	NW Inv Dest Mod Aggr Inst	____%	1619	BD	Vngrd Ttl Bd Mkt Indx Sgnl	____%	2844
BA	Pax Wld Bal Inst	____%	2617	SB	Fed Govt UltraShrtDur Inst	____%	2522
BA	Vngrd Bal Indx Inv	____%	1442	SB	Fed Intmd Govt Corp Inst	____%	2523
BA	Vngrd Trgt Rtrmt 2010	____%	2327	SB	Fed Ultra Shrt Bd Inst	____%	2529
BA	Vngrd Trgt Rtrmt 2015	____%	2328	SB	GdmnScs Shrt Dur Govt Inst	____%	2270
BA	Vngrd Trgt Rtrmt 2020	____%	2329	SB	Prudntl St Cor Bd Z	____%	2574
BA	Vngrd Trgt Rtrmt 2025	____%	2330	CA	Drey Inst Prfrd MnyMkt Prm	____%	2250

Total Percentage 100%

Double-check that your selections equal 100%

Asset Class Legend: IS - International Stocks, SC - Small-Cap Stocks, MC - Mid-Cap Stocks, LC - Large-Cap Stocks, BA - Balanced, BD - US Bonds
 SB - Short-Term Bonds, CA - Cash, SP - Specialty, AA - Asset Allocation

Social Security

Number:

Name:

Last

First

MI

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STEP FOUR: SIGN AND DATE

Please return this completed form to YOUR HUMAN RESOURCE REPRESENTATIVE.

Signature: **X**

Date:

Welcome to your plan!

Don't forget to set up your online access at nationwide.com.