



Exercising Your Award

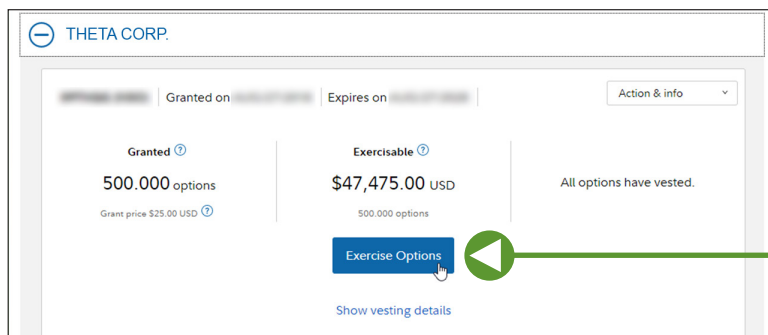
A quick-start guide for stock plan participants



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If you received stock options or stock appreciation rights from your employer, and you decide to purchase company stock, it's called "exercising." Once you receive your shares, you can hold them or sell them to get cash.*

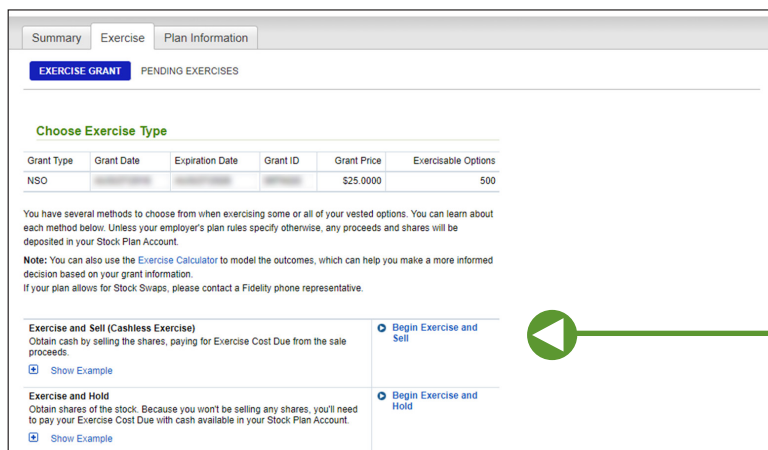
We recommend you set up your **withdrawal preferences** before exercising your award. It takes only a few minutes to set up, but requires 4 to 7 business days for approval. Setting up your preferences now will make it easier to get your cash in the future.



Step 1.

Log in to [NetBenefits.com](https://netbenefits.com). From the *Summary* tab choose which award you want to exercise and select *Exercise Options*.

Screenshot is for illustrative purposes only.



Step 2.

Select an exercise method and enter the details for the transaction. There may be several exercise methods for you to consider. You will only see those methods permitted by your employer. Follow the prompts to finish exercising your award.

Screenshot is for illustrative purposes only.

**For further assistance, contact a Fidelity Stock Plan Services Representative.
Calling instructions can be found at [Fidelity.com/globalcall](https://www.fidelity.com/globalcall).**

*Check your plan documents for any rules that may require you to hold your stock for a specified period. You will be charged a processing fee for a wire transfer or check. Additionally, for U.S.-dollar conversions, a currency exchange rate fee will be applied.