At Fidelity, we believe that social distancing shouldn't come between you and your goals.

Fidelity knows you're dedicated to your family, friends, and colleagues, and we want you to know that we are here to help take care of you.

We're here to help you navigate through the uncertainty.

In this time of uncertainty it's important to take care of yourself while also caring for others. A good way to maintain both physical and mental health is to reduce stress. Fidelity is here to answer your questions and help you gain a better understanding of your options.

Questions about the Coronavirus Aid, Relief, and Economic Security (CARES) Act, specifically retirement plan loans or withdrawal provisions? It's important to understand your options and the impact of any loan or withdrawal before taking money out of your retirement account. Visit the **SAVINGS** section of our Managing Your Finances online resource center for more information.

On-demand workshops: Distance learning isn't just for students.

Click HERE to watch our **Navigating Market Volatility** webinar and get answers to questions like these:

- Should I change how I'm invested to something less risky?
- Should I move to cash right now?
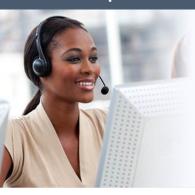- Why should I put more into my retirement savings plan?

Are you evaluating how to make ends meet after an unforeseen event? Our **Manage Unexpected Events and Expenses** on-demand workshop will help you learn:

- How to assess your spending and take control of your budget
- Considerations for taking money from a workplace savings plan
- Ways Fidelity can support you

Click HERE to watch now.

Still have questions?

Fidelity Representatives are here for you.

We want you and your loved ones to remain safe, and we also want to answer the questions that are important to you. That's why we'll provide you with the same level of service over the phone that you would have experienced in person.

Visit http://fidelity.com/ask to schedule a one-on-one consultation with a registered Fidelity Representative.