

SUMMARY ANNUAL REPORT

For NATIONAL YMCA EMPLOYEE BENEFITS PLAN AND TRUST

This is a summary of the annual report of the NATIONAL YMCA EMPLOYEE BENEFITS PLAN AND TRUST, EIN 36-3258696, Plan No. 501, for period January 01, 2018 through December 31, 2018. The annual report has been filed with the Employee Benefits Security Administration, U.S. Department of Labor, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Insurance Information

The plan has contracts with EyeMed Vision Care, HCC Life Insurance Company, Liberty Life Assurance Company of Boston, Metropolitan Life Insurance Company and United Behavioral Health dba Optum to pay vision, life insurance, accidental death and dismemberment, long-term disability, stop loss, and employee assistance program claims incurred under the terms of the plan. The total premiums paid for the plan year ending December 31, 2018 were \$3,628,228.

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$38,072,902 as of December 31, 2018, compared to \$34,284,614 as of January 01, 2018. During the plan year the plan experienced an increase in its net assets of \$3,788,288. This increase includes unrealized appreciation and depreciation in the value of plan assets; that is, the difference between the value of the plan's assets at the end of the year and the value of the assets at the beginning of the year or the cost of assets acquired during the year. During the plan year, the plan had total income of \$105,733,750, including employer contributions of \$72,715,410, employee contributions of \$33,500,497, realized losses of (\$198) from the sale of assets, earnings from investments of (\$487,583), and other income of \$5,624.

Plan expenses were \$101,945,462. These expenses included \$9,894,191 in administrative expenses, and \$92,051,271 in benefits paid to participants and beneficiaries.

Your Rights To Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

- an accountant's report;
- financial information;
- information on payments to service providers;
- assets held for investment;
- transactions in excess of 5% of the plan assets;
- insurance information, including sales commissions paid by insurance carriers;
- information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates;

To obtain a copy of the full annual report, or any part thereof, write or call the office of NATIONAL COUNCIL OF YMCAS OF THE USA in care of Robert Welch who is Plan Administrator at 101 NORTH WACKER DRIVE, 16TH FLOOR, CHICAGO, IL 60606, or by telephone at (312) 977-0031. The charge to cover copying costs will be \$0.10 per page for any part thereof.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report. The charge to cover copying costs given above does not include a charge for the copying of these portions of the report because these portions are furnished without charge.

You also have the legally protected right to examine the annual report at the main office of the plan (NATIONAL COUNCIL OF YMCAS OF THE USA, 101 NORTH WACKER DRIVE, 16TH FLOOR, CHICAGO, IL 60606) and at the U.S. Department of Labor in Washington, D.C., or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: Public Disclosure Room, Room N-1513, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, N.W., Washington, D.C. 20210.