

Navigating Fidelity Workshops

Fidelity NetBenefits



1. Log into your Fidelity account through HR Express or www.netbenefits.com:

Retirement, Savings and Stock

Retirement Plan (Current age lump sum) >

Savings Plan (Aug 07, 2020) >

Total

Retirement Plan

Retirement Plan estimates are generally updated by the 20th of each month. These lump sum values are calculated based on current interest rates. Prior to 2020, the estimated values were calculated based on a flat 5% interest rate.

If you are participating in a heritage final average earnings life and have a Qualified Domestic Relations Order (QDRO) on file, the lump sum value shown does not take into account your QDRO offset.

Please access [NetBenefits](#) to model personalized estimates of your Retirement Plan benefit, which includes the ability to enter estimated retirement dates and interest rates you wish to use.

Retirement, Savings and Stock

Retirement Savings Plan

Express Help

- Contact HR Connections
- HR Policies

While earning your compensation you are building your total wealth through:

- Retirement accounts funded by the company,
- Savings plans that you contribute to, along with company matching, and
- Stock and options you may be awarded.

Learn more about managing components of your wealth:

- Click on the arrow to the right of Retirement Plan (center page) for more resources.
- Get seamless access to [your savings plan account](#) at Fidelity NetBenefits or log on to www.netbenefits.com. If you have questions regarding the website, please contact the Retirement Center at 833-637-4015.

2. Select the “Learn” option and scroll to the bottom of the page:

ConocoPhillips

Powered by Fidelity

MENU CONOCOPHILLIPS COMPANY Planning **Learn** Profile Search Log Out

What's on your mind?

These days, there's a lot to consider. That's why we've gathered some of our top tools and resources in one place—so you can get help with your most pressing questions. So whether you're dealing with a life change or noodling on a future plan, we can help.

I need help with:

Featured topics

Featured topics

Consider these timely resources and tools to stay informed and help guide your decision-making.

3. You will see the following options. Select “Workshops”

More resources



Workshops Learn at your pace and comfort level by taking part in one of our interactive workshops.	Life events Explore our tools and resources to get the clarity and know-how you need to face anything life throws your way.	Library Spanning a wide range of financial topics, our library is overflowing with articles invested in helping you achieve financial wellness.
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4. There are two options available – “On-Demand Workshops” or “Live Workshops”

Fidelity’s Event Registration System

Your gateway to workshops and events brought to you by Fidelity and CONOCOPHILLIPS COMPANY

Overview On-Demand Workshops Live Web Workshops

On-Demand Workshops  Learn online - on your own time, wherever you are.	Live Web Workshops  Attend a live presenter-led seminar right from your computer.
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5. On-Demand Workshop options:

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Overview On-Demand Workshops Live Web Workshops

On-Demand Workshops

Learn online - on your own time, wherever you are.

Filter workshops by: **Select a topic**

- Budgeting & Debt Management
- Healthcare Planning
- Personal Finance and Other Topics
- Retirement Planning
- Saving & Investing

Fidelity On-Demand

2020 Manage Unexpected Events and Expenses
This workshop will help you learn how to take control of your budget and understand your financial options after a

2020 Navigating Market Volatility
This workshop will review what is happening in the markets and why - and help answer your questions.

Create a Budget, Ditch Your Debt, and Start Building for the Future
This workshop will educate you on strategies, tools, and tips for balancing paying down your debt with saving for f

6. Live Workshop options:

Fidelity's Event Registration System
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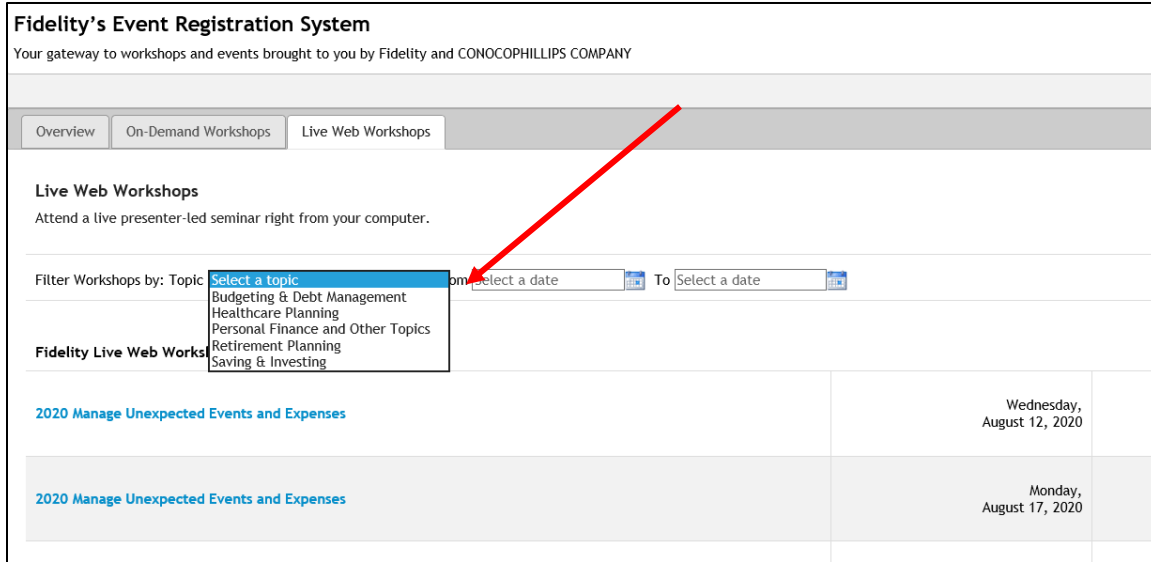
Overview On-Demand Workshops **Live Web Workshops**

Live Web Workshops
Attend a live presenter-led seminar right from your computer.

Filter Workshops by: Topic **Select a topic** From To

Fidelity Live Web Workshops

2020 Manage Unexpected Events and Expenses	Wednesday, August 12, 2020
2020 Manage Unexpected Events and Expenses	Monday, August 17, 2020



7. Register or Launch the course you would like to attend/view.

For questions, please contact the ConocoPhillips Retirement Center at 1-833-637-4015 from 7:30 a.m. to 7:30 p.m. Central time Monday through Friday.