

FOR IMMEDIATE RELEASE | MAY 2, 2022

2022 Off to a Rough Start for the 401(k) Investor

IF THE TYPICAL 401(K) PARTICIPANT WILL SEE A FOURTH CONSECUTIVE YEAR OF GAINS, IT WILL REQUIRE MAKING UP FOR ALMOST A 6% Q1 LOSS OUT OF THE GATE.

After a relatively steady year of returns in 2021 and three straight years of positive returns, the Mid Atlantic Trust Company 401(k) Composite Benchmark started the year with a -5.78% return for Q1. The Benchmark's performance in Q1 gave back all of the gains (and then some) that were realized in Q4 of 2021 when the typical 401(k) performance saw their 401(k) account increase by 5.47%. This performance reversal reflects the overall performance of the broader markets, which were hampered throughout the quarter amidst increased volatility brought on by rising interest rates, spiking inflation, ongoing supply-chain snarls, and the Russia-Ukraine war.

Comparison with Major Indices	YTD 2022 (Q1)	2021 Return	2020 Return	2019 Return
Dow Jones Industrial Average	- 4.10%	18.7%	7.3%	22.3%
S&P 500	- 4.60%	26.9%	16.3%	28.9%
Mid Atlantic Trust Co. 401(k) Composite Benchmark	- 5.78%	14.9%	14.85%	21.24%
Nasdaq Composite	- 8.95%	21.4%	43.6%	35.2%

It has been a strong run for 401(k) participants over the previous five years. In four out of five years, the Mid Atlantic Trust Company 401(k) Composite Benchmark posted annual returns greater than 14%, with only 2018 providing a 6% negative return. For the hypothetical 401(k) investor, even with the nearly 6% decline for the first quarter of 2021, that rate of return combined with an annual salary increase and a steady contribution rate means they would have nearly doubled their account balance during those five years.*

Let's talk.

Ready to learn more about Mid Atlantic Trust Company? Get in touch today!

Nathan Friday

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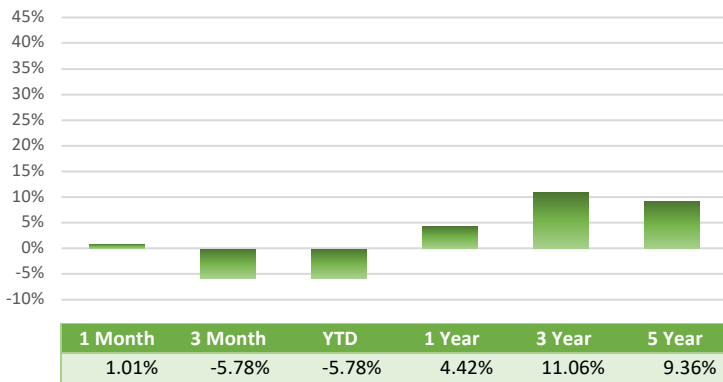


Mid Atlantic Trust Company 401(k) Composite Benchmark

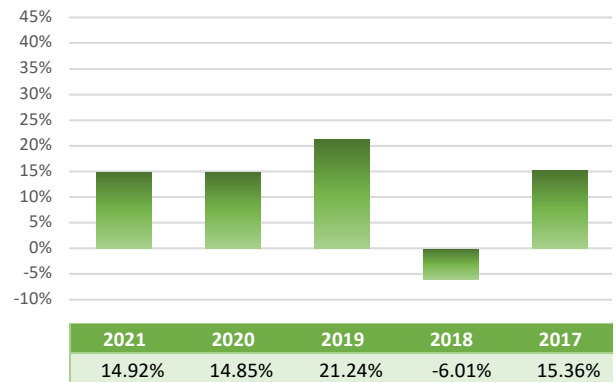
As of March 31, 2022

Mid Atlantic Trust Company is a leading financial services organization that provides a wide array of brokerage, advisory, and trust services to a diverse national client base of financial advisors and institutions, asset managers, and benefits administrators through its various affiliated companies. Because we provide these services, Mid Atlantic Trust Company has plan investment data on over 100,000 401(k) plans representing approximately \$120 billion in assets. In response to requests from our institutional clients, we have created the Mid Atlantic Trust Company 401(k) Composite Benchmark. Using data from plans serviced by Mid Atlantic Trust Company with assets of at least \$100,000 at the beginning and ending of the month, the Mid Atlantic Trust Company 401(k) Composite Benchmark is designed to reflect the portfolio performance across 401(k) plans serviced, in any capacity, by Mid Atlantic. See the "Methodology" section of this report for details on how the composite benchmark is calculated.

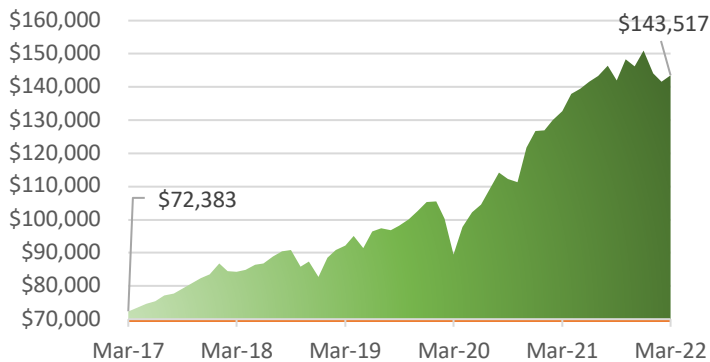
Trailing Returns



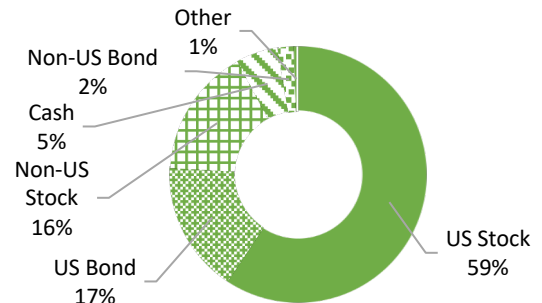
Annual Returns



Hypothetical Participant Balance



Asset Allocation



Return Rankings

Our return rankings show rankings based on a wide range of plan sizes, industries and participant risk tolerance levels. This information is provided as a reference point only and should not be used to draw a conclusion on the overall effectiveness of an individual plan. For instance, a company plan with a concentration of older, highly compensated, individuals may have a lower return ranking due to the employees, collectively, taking on a lower risk tolerance profile to achieve their goals. In contrary, a firm that employs many younger workers might have a higher return ranking due to the employees taking on a higher risk tolerance profile. We are providing this benchmark to aid fiduciaries in understanding where a given plan falls within this spectrum.

Plan Rankings	1 Month	3 Month	YTD	1 Year	3 Year	5 Year
Top 20% >	1.58%	-4.71%	-4.71%	6.11%	12.92%	11.24%
Top 40% >	1.14%	-5.47%	-5.47%	4.61%	11.68%	10.11%
Bottom 40% <	0.80%	-5.89%	-5.89%	3.55%	10.50%	9.07%
Bottom 20% <	0.41%	-6.62%	-6.62%	2.25%	8.90%	7.67%

Plan Rankings	2021	2020	2019	2018	2017
Top 20% >	17.60%	18.31%	24.93%	-4.09%	19.73%
Top 40% >	15.38%	15.98%	22.87%	-5.39%	17.65%
Bottom 40% <	13.54%	13.95%	20.88%	-6.37%	15.70%
Bottom 20% <	11.33%	11.13%	18.09%	-7.50%	12.90%

For further information, please contact us at info@macg.com.

Mid Atlantic Trust Company 401(k) Composite Benchmark

Methodology & Disclosures

Methodology

For the benchmark trailing and annual returns, Mid Atlantic calculates a monthly rate of return (using the Modified Dietz method) for each 401(k) plan with assets of at least \$100,000 at the beginning and ending of the month. We then calculate the composite return based on a market value weighted average for all plans within three standard deviations of the mean. For periods over one month, we geometrically link the monthly returns. For Periods over one year, we annualize those returns.

For the percentile rankings, Mid Atlantic calculates a monthly rate of return (using the Modified Dietz method) for each 401(k) plan with assets of at least \$100,000 at the beginning and ending of the period. We then geometrically link those monthly returns for each period and annualize them for periods over one year. We then calculate the percentiles based on all plans in the period that are within three standard deviations of the mean.

For the hypothetical participant balances, we used a starting balance based on the average 401(k) participant balance provided by the Investment Company Institute for the year of the starting balance. In our calculation, we assumed a starting annual salary of \$50,000, a combined employee/employer 9% annual contribution rate, and a 3% annual salary increase and applied the monthly rate of return of the benchmark.

The asset allocation is based on the reporting date for all fund positions where we were able to ascertain the underlying asset types.

Disclosures

This benchmark is provided for informational purposes only and should not be relied upon to make investment decisions. This benchmark reflects overall plan investment performance and is not indicative of the performance achieved by individual plan participants, a single investment advisor or investment strategy. Many factors affect overall plan investment performance, including: participant risk tolerance and investment selection, concentrations in participant investment selections, performance of the investment options made available to participants, expenses of the investment options made available to participants, etc. While this benchmark is inclusive of all investment management fees, other fees (such as advisor, recordkeeping, custody, etc.) are not consistently applied across all plans as Mid Atlantic is reliant on the intermediary to code those flows correctly and Mid Atlantic does not review that coding. However, we believe generally those additional fees are excluded from performance.