

Summary box

Flex Regular Saver Issue 7

What is the interest rate?

Your rate depends on how many times you take money out in the 12 month term. After you take money out 4 times, the lower rate applies for the rest of the term.

Withdrawals	Interest rate AER/gross a year (variable)
3 or fewer	6.50%
4 or more	1.05%

Receiving your interest

- We work out your daily interest rate by dividing the annual interest rate shown above by 365. We then work out your interest based on the amount of money you have in your account at the end of each day. All of the interest you've earned each day is then added up and paid into your account on the anniversary of your account opening.
- We'll also pay interest when you close your account.

Can Nationwide change the interest rate?

Yes, the rates are variable. That means we can change them, up or down.

Section 04 of 'Our Savings Terms and Conditions' explains when we can do this, and how we'll let you know.

You can also check our current rates in branch, or online at nationwide.co.uk/savingsrates

What would the estimated balance be after the 12 month term, based on 12 deposits of £200 totalling £2,400?

Withdrawals made	Interest rate AER/gross a year (variable)	Balance after 12 months
0	6.50%	£2,484.50
4	1.05%	£2,378.46

This table shows what a future balance might look like. It assumes:

- you pay in £200 on the first day of each calendar month
- each of the 4 withdrawals are for £10 and are made on the first day of each calendar month, for the first 4 months of the term
- you don't pay any more money in or take any more money out
- the interest rates shown do not change.

How do I open and manage my account?

1. Check you can have this account

You need to:

- be 16 or over
- be a UK resident
- have a valid email address and mobile number
- be able to open and manage this account online, and
- have one of our current accounts.

If at any point after you open this account you no longer have a current account with us, we may transfer the money in your Flex Regular Saver Issue 7 to an instant access savings account. Terms and conditions and the interest rate for the new account will apply, and we'll be in touch to let you know the details before we make the transfer.

You can only be named on one Flex Regular Saver product at any time (of any Issue). You can't open this account in trust for the benefit of another person.

2. How to open your account

You can open an account in your name or jointly with one other person. For joint accounts, only one of you needs to have one of our current accounts.

You can do so:

- on our internet bank or banking app (if you're registered)

You need to pay money into your account within 28 days or the account will close. The most you can pay in when you open your account is £200.

3. Manage your account

- This is an online account - you can manage your money through the internet bank or banking app.
- You don't have to pay money in each month, but the maximum you can increase your balance by each calendar month is £200.
- You can't pay in or take money out by cash or cheque.
- You'll find your statements on the internet bank.

Can I withdraw money?

Yes, and you can take money out three times during the term without losing interest. If you make four or more withdrawals, you'll get a lower rate for the rest of the term.

You can use our banking app or internet bank to transfer money to any Nationwide savings or current account that's in your name and accepts payments. You can also transfer money to a current account you hold with another UK provider, as long as it accepts 'Faster Payments'.

At the end of the term

After 12 months, we'll move your money to an instant access savings account with a lower interest rate. We'll be in touch before this happens to explain your options and next steps.

Additional information

- This account does not come with a card, passbook or certificate.
- As long as we have an up-to-date email address for you, we'll usually contact you about your account by email, otherwise we'll send you a letter.

Interest rate terms explained

AER

Stands for Annual Equivalent Rate and illustrates what the interest rate would be if interest was paid and compounded once each year.

Gross

The interest rate without tax deducted.

Personal Savings Allowance (PSA)

You may need to pay tax on any interest that takes you over your PSA. The treatment of your account for tax purposes will depend on your individual circumstances. All tax information is based on our understanding of current law and HM Revenue & Customs practice, both of which may change. For more information, visit [hmrc.gov.uk](https://www.hmrc.gov.uk)

The interest rates and information in this summary box came into effect on **1 September 2025**.

This summary box sets out the key features of the savings account. For full details, please read the account terms and conditions.

We're happy to provide this document in Braille, large print or audio format. Just ask your local branch or call **03457 30 20 11**.

Nationwide Building Society is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority under registration number 106078. You can confirm our registration on the FCA's website [fca.org.uk](https://www.fca.org.uk)

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P4226 (1 September 2025)