



Athene Annuity & Life Assurance Company

1. Contract Information

Contract Number, Name of Annuitant, Name of Contract Owner, Social Security Number, Street Address, City, State, Zip, Telephone Number, Check here if this is a permanent change of address

2. Distribution Election Please check [X] one of the following options

- Interest earned during the frequency elected below.
Maximum amount available without a surrender charge.
Specified Dollar Amount of \$_____ per payment
Specified Percentage of the accumulation value _____% (Amount will be recalculated each contract anniversary and distributed equally among all payments.)

Please note:

- If the total amount of withdrawals during a contract year exceeds the penalty free amount available, if applicable, the remaining withdrawals for that contract year will be subject to withdrawal charges and market value adjustments.
Interest rates are expressed as annual effective interest rates. Any withdrawals taken during the contract year will reduce the actual earned interest amount.
A written request must be received to start, change or stop withdrawals under this option.
For most contracts, distributions are available through electronic funds transfer. If elected, all automatic payments will be deposited to your bank account, and will be payable as specified below. Complete the Electronic Funds Deposit Authorization form if you elect this option.

3. Payment Frequency and Distribution Method

Select the Frequency of your payments [] Monthly [] Quarterly [] Semi-Annual [] Annually

- The minimum payment is \$100.00.

Select Date for payment to begin _____ (MM/DD/YYYY)

- Do not use the 29th, 30th or 31st day of the month
Subsequent payments will be generated on the same day of the month, depending on the frequency of the payment. If this day is not a business day, the payment will be generated on the next business day.

Select how you would like to receive your payments:

- Check
Direct Deposit (Complete the enclosed Electronic Funds Deposit Authorization form)

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4. Income Tax Withholding:

Before completing your election of withholding below, please carefully review the accompanying document entitled "SAFE HARBOR EXPLANATION OF ELIGIBLE ROLLOVER DISTRIBUTIONS FROM 403(b) ANNUITIES."

FEDERAL WITHHOLDING: Check one of the following. If this section is not completed, 20% federal income tax, as well as any mandatory state withholding, will be withheld from each payment.

I HAVE REVIEWED THE *SAFE HARBOR EXPLANATION OF ELIGIBLE ROLLOVER DISTRIBUTIONS FROM 403(B) ANNUITIES AND HAVE DETERMINED THAT THESE DISTRIBUTIONS ARE NOT ELIGIBLE FOR ROLLOVER.*

- Withhold 10%
- Withhold another amount: \$ _____ or _____ %
- Do not withhold Federal Income Tax

I HAVE REVIEWED THE *SAFE HARBOR EXPLANATION OF ELIGIBLE ROLLOVER DISTRIBUTIONS FROM 403(B) ANNUITIES AND HAVE DETERMINED THAT THESE DISTRIBUTIONS ARE ELIGIBLE FOR ROLLOVER.*

- Withhold 20%
- Withhold \$ _____ or _____ % from each payment. (Must be greater than 20%, if the amount or percentage is less than 20%, we will withhold 20%)

State Income Tax – If you reside in one of the following states - CA, DC, DE, GA, IA, KS, MA, ME, MI*, NE, NC, OK, OR, VT, VA - and you elect to have federal income tax withheld, we will automatically withhold for state tax. If your state allows, you may opt out. See the enclosed **State Tax Withholding Information**, to determine if your state allows you to opt out. Unless you live in AK, FL, NH, NV, SD, TN, TX, WA or WY, you may elect to withhold state income tax, regardless of what state you live in.

- Do not withhold. I live in one of the states listed above.
- Withhold the amount required by law.
- Withhold \$ _____ or _____ %

***MICHIGAN residents:** Please refer to www.michigan.gov/taxes for information regarding the MI W-4P form for tax withholding or opt out information. If this form is not received, State Income Tax will be withheld.

Notice: Federal law requires withholding a minimum of 10% federal income tax from taxable distributions, unless you elect not to have taxes withheld, or specify a different withholding amount. Withholding will only apply to that portion of your distribution that is includable in your income subject to federal income tax. You may revoke this withholding election at any time by contacting Athene Annuity & Life Assurance Company in writing unless the distribution is from a tax sheltered annuity or qualified plan that is eligible to be rolled over to an IRA or qualified plan. In these cases, the distribution will be subject to a 20% mandatory withholding therefore you may not elect to waive the federal income tax withheld. Electing not to withhold at this time does not release the liability for payment of federal and, if applicable, state income tax on the taxable portion of your payment. You may incur tax penalties if your withholding and tax payments are not adequate.

Athene Annuity & Life Assurance Company will not render tax advice. We suggest that you consult your tax advisor regarding your financial situation.

5. Certification of Taxpayer Identification Number:

Under penalties of perjury, I certify that:

1. The Social Security Number or Taxpayer Identification Number shown on this form is correct (or I am waiting for a number to be issued to me), and
2. I am not subject to backup withholding because:
 - (a) I am exempt from backup withholding, or
 - (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or
 - (c) The IRS has notified me that I am no longer subject to backup withholding, and
3. I am a U.S. citizen or other U.S. person (as defined in the General Instructions of IRS Form W-9), and
4. The FATCA code(s) entered on this form, if any, indicating that I am exempt from FATCA reporting is correct. Exemption from FATCA reporting code, if any: _____ (FATCA reporting codes can be found in the General Instructions for IRS Form W-9.) If you are only submitting this form for an account you hold in the United States, you may leave this field blank.

Certification Instructions: You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your return.

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5. TSA/403(b) Withdrawal Restrictions: Section 403(b) of the Internal Revenue Code imposes restrictions on 403(b) annuity withdrawals

A. RESTRICTED WITHDRAWALS: Withdrawals of post-1988 salary reduction contributions and post-1988 interest attributable to salary reduction contributions may only be made under one or more of the following circumstances:

1. You have attained age 59½.
2. You have deceased.
3. You are disabled as defined in Section 72(m)(7) of the Internal Revenue Code.
4. You have a severance from employment.
5. The distribution is a qualified reservist distribution under Section 72(t)(2)(G)
6. You have sustained a financial hardship** and this withdrawal is necessary to meet that need. For such hardships, only salary reduction contributions are available for withdrawal; interest attributable to salary reduction contributions is not available.
7. A Qualified Domestic Relations Order (QDRO) has directed a withdrawal to an alternate payee.

NOTE: Even if withdrawals are allowed under these restrictions, a 10% tax penalty may apply if you have not attained age 59½.

B. UNRESTRICTED WITHDRAWALS:

1. Withdrawals of pre-1989 salary reduction contributions, and pre-1989 interest attributable to salary reduction contributions
2. Withdrawals of both pre-1989 and post-1988 employer contributions, if any, and the interest thereon. Withdrawals of such, in ERISA plans, are restricted to those allowed in the Plan Document.
3. Direct Transfers to another 403(b) contract.

All withdrawals are made on a first-in-first-out (FIFO) basis, unless otherwise required by law.

6. Acknowledgment:

I have read the information on distributions, and I understand that the Internal Revenue Code permits distributions only as described herein. I hereby release Athene Annuity & Life Assurance Company from any claims or demands, which I may have as a result of my failing to complete this form accurately. I certify that the distribution for which I have request is permitted because:

Check all that apply:

- Only pre-1989 salary reduction contributions and pre-1989 interest attributable to salary reduction are being withdrawn.
- Employer contributions and the interest thereon are being withdrawn.
- Post-1988 salary reduction contributions and interest attributable to salary reduction are also being withdrawn, and the following apply(ies):
 - I have attained age 59½.
 - I am disabled, as defined in Section 72(m)(7) of the Internal Revenue Code.
 - I have a severance of employment.
 - I have sustained a financial hardship* and this withdrawal is necessary to meet that need. Only salary reduction contributions are available, interest is not available. I am aware that I may not rollover a financial hardship withdrawal.
 - A Qualified Domestic Relations Order (QDRO) has directed a withdrawal to an alternate payee (copy of QDRO is provided).
 - The participant is deceased.
 - I am eligible for a qualified reservist distribution under Section 72(t)(2)(G) of the Internal Revenue Code.

*FINANCIAL HARDSHIP – in general, a financial hardship will exist where: (a) you have an immediate and heavy financial need; and (b) a distribution is necessary to satisfy that immediate and heavy financial need.

- a) Expenses which are considered to be immediate and heavy financial needs include medical expenses for you, your spouse, dependents, or designated beneficiary of your plan, purchase (excluding mortgage payments) of a principal residence, payment of tuition, related education fees and room and board for the next 12 months for post-secondary education for you, your spouse and dependents, payment of amounts necessary to prevent the eviction from your principal residence or foreclosure on the mortgage of your principal residence, funeral or burial expenses for your deceased parent, spouse, children or other dependents and expenses for the repair of damage to your principal residence that would qualify for casualty deduction under Section 165 of the Internal Revenue Code (without regard to the 10% floor).
- b) A distribution is generally treated as necessary to satisfy a heavy financial need if the need cannot be reasonably relieved:
 1. Through reimbursement or compensation by insurance
 2. By liquidation of assets, to the extent such liquidation would not itself cause an immediate and heavy financial need
 3. By stopping elective contributions under your 403(b) program; or
 4. By making distributions or nontaxable (at the time of the loan) loans from plans maintained by your employer, or by any other employer, or by borrowing from commercial sources on reasonable commercial terms.

NOTE: The distribution may not be in excess of the amount of the immediate and heavy financial need.



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7. Spousal Consent:

You will need to ask the Employer sponsoring your 403(b) plan if this plan is subject to ERISA, and the qualified joint and survivor rules. If your 403(b) plan is an ERISA plan, you are married, and you do not specify a distribution in the form of a qualified joint and survivor annuity, then your spouse must sign below in the presence of a notary public; or a representative of your Employer's Plan. This spousal consent is valid until you change your distribution election. Please complete the appropriate information below.

- Checkboxes for ERISA plan status, marital status (SINGLE/MARRIED), and spousal consent details.

TO BE COMPLETED BY PARTICIPANT'S SPOUSE:

I hereby consent to the election of distribution as indicated by my spouse, and understand that benefits under the 403(b) annuity will be paid in a form other than in a qualified joint and survivor annuity. I hereby acknowledge that I understand the terms of a qualified joint and survivor annuity; that I have the right to waive this form of benefit, provided my spouse consents in writing to the waiver; that I understand the financial effect of such a waiver; and that I may revoke any waiver in effect.

Signature of Spouse _____ Date _____

TO BE COMPLETED BY NOTARY PUBLIC (or, IF PLAN REPRESENTATIVE – see below)

Signed and sworn before me on this, the ____ day of _____, 20____, in the state of _____ County of _____ My commission expires _____.

Signature of Notary Public _____ Date _____

Print Name of Plan Representative _____ Signature of Plan Representative _____ Date _____

8. Waiver of 30-Day Notice Period:

As explained in the "SAFE HARBOR EXPLANATION OF ELIGIBLE ROLLOVER DISTRIBUTIONS FROM 403(b) ANNUITIES, federal tax law requires the withholding of 20% of certain distributions from your 403(b) annuity which are not directly rolled over to an IRA, or another eligible retirement plan. The law also requires that you be provided with the above mentioned SAFE HARBOR EXPLANATION not later than 30 days prior to the date of a distribution from your 403(b) annuity.

After reviewing the enclosed explanation, please indicate your election regarding your distribution. You may consider your decision regarding the distribution for as long as you need, however, you may waive the 30-day Notice Period, which will allow you to receive the distribution prior to the end of the 30-day period. If you wish to waive this period, you must check the box below:

- Checkbox: I hereby elect to waive the 30-Day Notice Period.

9. Signature of Owner/Plan Participant

Signature of Owner/Plan Participant _____ Date _____

STATE TAX WITHHOLDING INFORMATION

Neither Athene Annuity & Life Assurance Company, nor any of its employees, agents or representatives gives legal, tax or accounting advice. The information provided here is merely a summary of our understanding of the withholding requirements as they relate to our contract, and is not a warranty or representation concerning such matters. We will not be responsible for any penalties incurred by you, should the amount distributed be incorrect. We recommend you consult with your tax advisor.

If your state is not mentioned below, we will not withhold state income tax, regardless of whether or not federal withholding is elected. However, upon request, we will withhold state income tax.

AR, CA, DC, DE, IA, KS, MA, ME, MI, MS, NC, NE, OK, OR, VA, VT - Requires that if you elect to have federal income tax withheld, we must automatically withhold state income tax also. (Some exceptions may apply, please see below)

- AR
- IRAs and all other "qualified" plans - State tax withholding is required, you cannot opt out.
 - Non-Qualified – Periodic payments – State tax withholding is required, you cannot opt out.
 - Non-Qualified - Lump Sum Distributions – State tax withholding is required, unless you opt out using state form AR4P which must be completed and returned.
- CA
- You may opt out of state withholding, even if you elect to have federal income tax withheld.
- DC
- IRAs and all other "qualified" plans - State tax withholding is required, you cannot opt out.
 - Non-Qualified - You may opt out of state withholding, even if you elect to have federal income tax withheld.
- DE
- If the distribution is subject to 20% mandatory federal withholding on TSA or other qualified retirement plan, then state income tax must be withheld. Otherwise, you may opt out of state income tax withholding.
- IA
- You may NOT opt out of state withholding, even if you elect to have federal income tax withheld.
- KS
- If the distribution is subject to 20% mandatory federal withholding on TSA or other qualified retirement plan, then state income tax must be withheld. Otherwise, you may opt out of state income tax withholding.
- MA
- You may NOT opt out of state withholding, even if you elect to have federal income tax withheld.
- ME
- If the distribution is subject to 20% mandatory federal withholding on TSA or other qualified retirement plan, then state income tax must be withheld. Otherwise, you may opt out of state income tax withholding.
- MI
- State tax withholding is required, unless you opt out using Michigan State Tax Form MI W-4Pm which must be completed and returned.
- MS
- State tax withholding is required on all premature distributions (typically distributions under age 59½). Otherwise, you may opt out of state income tax withholding.
- NC
- If the distribution is subject to 20% mandatory federal withholding on TSA or other qualified retirement plan, then state income tax must be withheld. Otherwise, you may opt out of state income tax withholding.
- NE
- You may opt out of state withholding, even if you elect to have federal income tax withheld.
- OK
- You may NOT opt out of state withholding, even if you elect to have federal income tax withheld.
- OR
- If the distribution is subject to 20% mandatory federal withholding on TSA or other qualified retirement plan, then state income tax must be withheld. Otherwise, you may opt out of state income tax withholding.
- VA
- IRA or SEP-IRA – You may opt out of state income tax withholding. All other distributions, you may NOT opt out.
- VT
- If the distribution is subject to 20% mandatory federal withholding on TSA or other qualified retirement plan, then state income tax must be withheld. Otherwise, you may opt out of state income tax withholding.

AK, FL, NH, NV, SD, TN, TX, WA, WY – State income tax withholding is NOT allowed in these states.

Athene Annuity & Life Assurance Company**YOUR ROLLOVER OPTIONS**

You are receiving this notice because all or a portion of a payment you are receiving from your 403(b) annuity contract (the "Plan") is eligible to be rolled over to an IRA or an employer plan. This notice is intended to help you decide whether to do such a rollover.

This notice describes the rollover rules that apply to payments from the Plan that are not from a designated Roth account (a type of account with special tax rules in some employer plans). If you also receive a payment from a designated Roth account in the Plan, you will be provided a different notice for that payment, and the Plan administrator or the payor will tell you the amount that is being paid from each account.

Rules that apply to most payments from a plan are described in the "General Information About Rollovers" section. Special rules that only apply in certain circumstances are described in the "Special Rules and Options" section.

GENERAL INFORMATION ABOUT ROLLOVERS**How can a rollover affect my taxes?**

You will be taxed on a payment from the Plan if you do not roll it over. If you are under age 59 ½ and do not do a rollover, you will also have to pay a 10% additional income tax on early distributions (unless an exception applies). However, if you do a rollover, you will not have to pay tax until you receive payments later and the 10% additional income tax will not apply if those payments are made after you are age 59 ½ (or if an exception applies).

Where may I roll over the payment?

You may roll over the payment to either an IRA (an individual retirement account or individual retirement annuity) or an employer plan (a tax-qualified plan, section 403(b) plan, or governmental section 457(b) plan) that will accept the rollover. The rules of the IRA or employer plan that holds the rollover will determine your investment options, fees, and rights to payment from the IRA or employer plan (for example, no spousal consent rules apply to IRAs and IRAs may not provide loans). Further, the amount rolled over will become subject to the tax rules that apply to the IRA or employer plan.

How do I do a rollover?

There are two ways to do a rollover. You can do either a direct rollover or a 60-day rollover.

If you do a direct rollover, the Plan will make the payment directly to your IRA or an employer plan. You should contact the IRA sponsor or the administrator of the employer plan for information on how to do a direct rollover.

If you do not do a direct rollover, you may still do a rollover by making a deposit into an IRA or eligible employer plan that will accept it. You will have 60 days after you receive the payment to make the deposit. If you do not do a direct rollover, the Plan is required to withhold 20% of the payment for federal income taxes (up to the amount of cash and property received other than employer stock). This means that, in order to roll over the entire payment in a 60-day rollover, you must use other funds to make up for the 20% withheld. If you do not roll over the entire amount of the payment, the portion not rolled over will be taxed and will be subject to the 10% additional income tax on early distributions if you are under age 59 ½ (unless an exception applies).

How much may I roll over?

If you wish to do a rollover, you may roll over all or part of the amount eligible for rollover. Any payment from the Plan is eligible for rollover, except:

- Certain payments spread over a period of at least 10 years or over your life or life expectancy (or the lives or joint life expectancy of you and your beneficiary)
- Required minimum distributions after age 70 ½ (or after death)
- Hardship distributions
- Corrective distributions of contributions that exceed tax law limitations
- Loans treated as deemed distributions (for example, loans in default due to missed payments before your employment ends)
- Cost of life insurance paid by the Plan
- Contributions made under special automatic enrollment rules that are withdrawn pursuant to your request within 90 days of enrollment.

The Plan administrator or the payor can tell you what portion of a payment is eligible for rollover.

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If I don't do a rollover, will I have to pay the 10% additional income tax on early distributions?

If you are under age 59 ½, you will have to pay the 10% additional income tax on early distributions for any payment from the Plan (including amounts withheld for income tax) that you do not roll over, unless one of the exceptions listed below applies. This tax is in addition to the regular income tax on the payment not rolled over.

The 10% additional income tax does not apply to the following payments from the Plan:

- Payments made after you separate from service if you will be at least age 55 in the year of the separation
- Payments that start after you separate from service if paid at least annually in equal or close to equal amounts over your life or life expectancy (or the lives or joint life expectancy of you and your beneficiary)
- Payments from a governmental defined benefit pension plan made after you separate from service if you are a public safety employee and you are at least age 50 in the year of the separation
- Payments made due to disability
- Payments after your death
- Corrective distributions of contributions that exceed tax law limitations
- Contributions made under special automatic enrollment rules that are withdrawn pursuant to your request within 90 days of enrollment
- Payments made directly to the government to satisfy a federal tax levy
- Payments made under a qualified domestic relations order (QDRO)
- Payments up to the amount of your deductible medical expenses
- Certain payments made while you are on active duty if you were a member of a reserve component called to duty after September 11, 2001 for more than 179 days
- Payments of certain automatic enrollment contributions requested to be withdrawn within 90 days of the first contribution

If I do a rollover to an IRA, will the 10% additional income tax apply to early distributions from the IRA?

If you receive a payment from an IRA when you are under age 59 ½, you will have to pay the 10% additional income tax on early distributions from the IRA, unless an exception applies. In general, the exceptions to the 10% additional income tax for early distributions from an IRA are the same as the exceptions listed above for early distributions from a plan. However, there are a few differences for payments from an IRA, including:

- There is no exception for payments after separation from service that are made after age 55.
- The exception for qualified domestic relations orders (QDROs) does not apply (although a special rule applies under which, as part of a divorce or separation agreement, a tax-free transfer may be made directly to an IRA of a spouse or former spouse).
- The exception for payments made at least annually in equal or close to equal amounts over a specified period applies without regard to whether you have had a separation from service.
- There are additional exceptions for (1) payments for qualified higher education expenses, (2) payments up to \$10,000 used in a qualified first-time home purchase, and (3) payments after you have received unemployment compensation for 12 consecutive weeks (or would have been eligible to receive unemployment compensation but for self-employed status).

Will I owe State Income taxes?

This notice does not describe any State or local income tax rules (including withholding rules).

SPECIAL RULES AND OPTIONS

If your payment includes after-tax contributions

After-tax contributions included in a payment are not taxed. If a payment is only part of your benefit, an allocable portion of your after-tax contributions is generally included in the payment. If you have pre-1987 after-tax contributions maintained in a separate account, a special rule may apply to determine whether the after-tax contributions are included in a payment.

You may rollover to an IRA a payment that includes after-tax contributions through either a direct rollover or a 60-day rollover. You must keep track of the aggregate amount of the after-tax contributions in all of your IRAs (in order to determine your taxable income for later payments from the IRAs). If you do a direct rollover of only a portion of the amount paid from the Plan and a portion is paid to you, each of the payments will include an allocable portion of the after-tax contributions. If you do a 60-day rollover to an IRA of only a portion of the payment made to you, the after-tax contributions are treated as rolled over last. For example, assume you are receiving a complete distribution of your benefit which totals \$12,000, of which \$2,000 is after-tax contributions. In this case, if you roll over \$10,000 to an IRA in a 60-day rollover, no amount is taxable because the \$2,000 amount not rolled over is treated as being after-tax contributions.

You may roll over to an employer plan all of a payment that includes after-tax contributions, but only through a direct rollover (and only if the receiving plan separately accounts for after-tax contributions and is not a governmental section 457(b) plan). You can do a 60 day rollover to an employer plan of part of a payment that includes after-tax contributions, but only up to the amount of the payment that would be taxable if not rolled over.

Athene Annuity & Life Assurance Company**If you miss the 60-day rollover deadline**

Generally, the 60-day rollover deadline cannot be extended. However, the IRS has the limited authority to waive the deadline under certain extraordinary circumstances, such as when external events prevented you from completing the rollover by the 60-day rollover deadline. To apply for a waiver, you must file a private letter ruling request with the IRS. Private letter ruling requests require the payment of a nonrefundable user fee. For more information, see IRS Publication 590, Individual Retirement Arrangements (IRAs).

If you have an outstanding loan that is being offset

If you have an outstanding loan from the Plan, your Plan benefit may be offset by the amount of the loan, typically when your employment ends. The loan offset amount is treated as a distribution to you at the time of the offset and will be taxed (including the 10% additional income tax on early distributions, unless an exception applies) unless you do a 60-day rollover in the amount of the loan offset to an IRA or employer plan.

If you were born on or before January 1, 1936

If you were born on or before January 1, 1936 and receive a lump sum distribution that you do not roll over, special rules for calculating the amount of the tax on the payment might apply to you. For more information, see IRS Publication 575, Pension and Annuity Income.

If you are an eligible retired public safety officer and your pension payment is used to pay for health coverage or qualified long-term care insurance

If the Plan is a governmental plan, you retired as a public safety officer, and your retirement was by reason of disability or was after normal retirement age, you can exclude from your taxable income plan payments paid directly as premiums to an accident or health plan (or a qualified long-term care insurance contract) that your employer maintains for you, your spouse, or your dependents, up to a maximum of \$3,000 annually. For this purpose, a public safety officer is a law enforcement officer, firefighter, chaplain, or member of a rescue squad or ambulance crew.

If you roll over your payment to a Roth IRA

You can roll over a payment from the Plan made before January 1, 2010 to a Roth IRA only if your modified adjusted gross income is not more than \$100,000 for the year the payment is made to you and, if married, you file a joint return. These limitations do not apply to payments made to you from the Plan after 2009. If you wish to roll over the payment to a Roth IRA, but you are not eligible to do a rollover to a Roth IRA until after 2009, you can do a rollover to a traditional IRA and then, after 2009, elect to convert the traditional IRA into a Roth IRA.

If you roll over the payment to a Roth IRA, a special rule applies under which the amount of the payment rolled over (reduced by any after-tax amounts) will be taxed. However, the 10% additional income tax on early distributions will not apply (unless you take the amount rolled over out of the Roth IRA within 5 years, counting from January 1 of the year of the rollover). For payments from the Plan during 2010 that are rolled over to a Roth IRA, the taxable amount can be spread over a 2-year period starting in 2011.

If you roll over the payment to a Roth IRA, later payments from the Roth IRA that are qualified distributions will not be taxed (including earnings after the rollover). A qualified distribution from a Roth IRA is a payment made after you are age 59 ½ (or after your death or disability, or as a qualified first-time homebuyer distribution of up to \$10,000) and after you have had a Roth IRA for at least 5 years. In applying this 5-year rule, you count from January 1 of the year for which your first contribution was made to a Roth IRA. Payments from the Roth IRA that are not qualified distributions will be taxed to the extent of earnings after the rollover, including the 10% additional income tax on early distributions (unless an exception applies). You do not have to take required minimum distributions from a Roth IRA during your lifetime. For more information, see IRS Publication 590, Individual Retirement Arrangements (IRAs).

You cannot roll over a payment from the Plan to a designated Roth account in an employer plan.

Athene Annuity & Life Assurance Company**If you are not a plan participant**

Payments after death of the participant. If you receive a distribution after the participant's death that you do not roll over, the distribution will generally be taxed in the same manner described elsewhere in this notice. However, the 10% additional income tax on early distributions and the special rules for public safety officers do not apply, and the special rule described under the section "If you were born on or before January 1, 1936" applies only if the participant was born on or before January 1, 1936.

If you are a surviving spouse. If you receive a payment from the Plan as the surviving spouse of a deceased participant, you have the same rollover options that the participant would have had, as described elsewhere in this notice. In addition, if you choose to do a rollover to an IRA, you may treat the IRA as your own or as an inherited IRA.

An IRA you treat as your own is treated like any other IRA of yours, so that payments made to you before you are age 59 ½ will be subject to the 10% additional income tax on early distributions (unless an exception applies) and required minimum distributions from your IRA do not have to start until after you are age 70 ½.

If you treat the IRA as an inherited IRA, payments from the IRA will not be subject to the 10% additional income tax on early distributions. However, if the participant had started taking required minimum distributions, you will have to receive required minimum distributions from the inherited IRA. If the participant had not started taking required minimum distributions from the Plan, you will not have to start receiving required minimum distributions from the inherited IRA until the year the participant would have been age 70 ½.

If you are a surviving beneficiary other than a spouse. If you receive a payment from the Plan because of the participant's death and you are a designated beneficiary other than a surviving spouse, the only rollover option you have is to do a direct rollover to an inherited IRA. Payments from the inherited IRA will not be subject to the 10% additional income tax on early distributions. You will have to receive required minimum distributions from the inherited IRA.

Payments under a qualified domestic relations order. If you are the spouse or former spouse of the participant who receives a payment from the Plan under a qualified domestic relations order (QDRO), you generally have the same options the participant would have (for example, you may roll over the payment to your own IRA or an eligible employer plan that will accept it). Payments under the QDRO will not be subject to the 10% additional income tax on early distributions.

If you are a nonresident alien

If you are a nonresident alien and you do not do a direct rollover to a U.S. IRA or U.S. employer plan, instead of withholding 20%, the Plan is generally required to withhold 30% of the payment for federal income taxes. If the amount withheld exceeds the amount of tax you owe (as may happen if you do a 60-day rollover), you may request an income tax refund by filing Form 1040NR and attaching your Form 1042-S. See Form W-8BEN for claiming that you are entitled to a reduced rate of withholding under an income tax treaty. For more information, see also IRS Publication 519, U.S. Tax Guide for Aliens, and IRS Publication 515, Withholding of Tax on Nonresident Aliens and Foreign Entities.

Other special rules

If a payment is one in a series of payments for less than 10 years, your choice whether to make a direct rollover will apply to all later payments in the series (unless you make a different choice for later payments).

If your payments for the year are less than \$200 (not including payments from a designated Roth account in the Plan), the Plan is not required to allow you to do a direct rollover and is not required to withhold for federal income taxes. However, you may do a 60-day rollover.

Unless you elect otherwise, a mandatory cashout of more than \$1,000 (not including payments from a designated Roth account in the Plan) will be directly rolled over to an IRA chosen by the Plan administrator or the payor. A mandatory cashout is a payment from a plan to a participant made before age 62 (or normal retirement age, if later) and without consent, where the participant's benefit does not exceed \$5,000 (not including any amounts held under the plan as a result of a prior rollover made to the plan).

You may have special rollover rights if you recently served in the U.S. Armed Forces. For more information, see IRS Publication 3, Armed Forces' Tax Guide.

FOR MORE INFORMATION

You may wish to consult with the Plan administrator or payor, or a professional tax advisor, before taking a payment from the Plan. Also, you can find more detailed information on the federal tax treatment of payments from employer plans in: IRS Publication 575, Pension and Annuity Income; IRS Publication 590, Individual Retirement Arrangements (IRAs); and IRS Publication 571, Tax-Sheltered Annuity Plans (403(b) Plans). These publications are available from a local IRS office, on the web at www.irs.gov, or by calling 1-800-TAX-FORM.



Electronic Funds Deposit Authorization

Athene Annuity & Life Assurance Company

1. Contract Information

Contract Number	Name of Annuitant
Name of Contract Owner	Social Security Number
Street Address, City, State, Zip	Telephone Number
Name of Joint Owner (If applicable)	

2. Bank Account Information

Type of Account: Checking Account Savings Account

Name of Financial Institution	Full Name on Bank Account	Additional Name(s) on Bank Account
ABA Routing Number (9 digits)	Bank Account Number (4-17 digits)	

Please attach a VOIDED check for checking accounts; OR a deposit slip for savings accounts to be used for account information verification.
(Deposit slips will not be accepted for checking accounts)

- Check this box for paperless and online accounts, and ensure both the routing number and account number are entered in the spaces above.
If you have a paperless/online account, please include a letter from the bank showing the owner name(s) of the account. If the bank's letter lists joint owners both must sign this form.

3. Authorization For Electronic Funds Deposit

As the bank account owner, I authorize Athene Annuity & Life Assurance Company to:

- Automatically deposit funds, for all withdrawals from this annuity contract, to the checking or savings account referenced above.
- Withdraw funds which may be inadvertently deposited to the account referenced above. This includes, but is not limited to, any payments made after the death of the annuitant.

This authorization will remain in effect until written notice of a change of account, or termination, is delivered to Athene Annuity & Life Assurance Company in a timely manner, so as to afford the company an opportunity to act thereon. (Such requests should be received no less than 10 business days prior to due date of the next payment.) In no event shall a "change" or "termination" request include entries processed prior to receipt of such notice.

Signature of Bank Account Owner	Signature of Co-Bank Account Owner (if applicable)	Date
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4. Acknowledgement of Contract Owner(s) (If not the same as the Bank Account Owner)

By signing where indicated below, I hereby acknowledge my approval for Athene Annuity & Life Assurance Company to withdraw funds from the annuity contract, and request that those funds be deposited into the bank account referenced above.

X _____ Signature of Owner	_____ Date
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X _____ Signature of Joint Owner (If applicable)	_____ Date
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