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NASSAU

NASSAU LIFE AND ANNUITY COMPANY
A Stock Company

GUARANTEED LIFETIME WITHDRAWAL BENEFIT RIDER

This rider is a part of the contract to which it is attached. In addition to the information contained in the Component Rider Specifications, the following information applies. Except as specified in this rider, it is subject to all of the provisions contained in the contract. This rider takes effect on the Rider Issue Date.

RIDER SPECIFICATIONS

Contract Number:	[13000000]
Rider Issue Date:	[January 1, 2020]
Earliest Rider Exercise Date:	[January 1, 2020]
Benefit Threshold Amount:	[sum of the Annual Benefit Amount and the Enhanced Benefit Amount]
Withdrawal Benefit Base on Rider Issue Date:	[\$100,000]
Withdrawal Benefit Base Bonus Percentage:	[25%]
[Guaranteed Minimum GLWB Roll-Up Rate:	[1.00%]]
Echo Factor:	[100%]
Echo Period:	[20 years]
Echo Period Type:	[Continues on Rider Exercise Date]
Minimum Echo Amount:	[\$0.00]

RIDER SPECIFICATIONS (continued)

Withdrawal Benefit Base Method:

Simple Interest with Echo Method

On the Rider Issue Date the Withdrawal Benefit Base and Adjusted Initial Withdrawal Benefit Base are equal to Premium, plus any Premium Bonus, plus any Withdrawal Benefit Base Bonus.

On any Rider Anniversary, the Withdrawal Benefit Base will change due to GLWB Roll-Ups during the Roll-up Period and Echo during the Echo Period. The Withdrawal Benefit Base is equal to (a) + (b) + (c), where:

- (a) = the Withdrawal Benefit Base prior to the re-calculation;
- (b) = Echo, as shown in Section 6; and
- (c) = the GLWB Roll-up Amount.

The GLWB Roll-Up Amount is equal to (a) x (b), where:

- (a) = the Adjusted Initial Withdrawal Benefit Base
- (b) = the GLWB Roll-Up Rate

After the conclusion of the final Roll-Up Period, the GLWB Roll-Up Rate is equal to zero.

On any Rider Anniversary during the Echo Period, Echo is calculated for the Fixed Account and for any Indexed Account that has reached the Segment Maturity Date. Echo is equal to (a) – (b), multiplied by (c), where:

- (a) = Interest credited to the Fixed Account since the last Contract Anniversary plus the sum of Index Credit Amounts on the Contract Anniversary
- (b) = Any Strategy Fee Amount assessed on the Contract Anniversary
- (c) = the Echo Factor

Echo will never be less than the Minimum Echo Amount as shown in the rider specifications. Echo may stop or continue after the Rider Exercise Date in accordance with the Echo Period Type as shown in the rider specifications.

Prior to the Rider Exercise Date, the Withdrawal Benefit Base and Adjusted Initial Withdrawal Benefit Base will be reduced by any withdrawal (including RMDs). The Withdrawal Benefit Base and the Adjusted Initial Withdrawal Benefit Base will be reduced in the same proportion as the Accumulation Value is reduced by the withdrawal.

After the Rider Exercise Date, the Withdrawal Benefit Base will be reduced by any Excess Withdrawal. The Withdrawal Benefit Base will be reduced in the same proportion as the Accumulation Value is reduced by the Excess Withdrawal.

On or after the Rider Exercise Date, for IRA and qualified plan contracts, cumulative withdrawals during a Rider Year will be considered Excess Withdrawals only if they exceed the greatest of (a), (b) and (c), where:

- (a) = the Benefit Threshold Amount;
- (b) = the RMD for the first calendar year during the current Rider Year; and
- (c) = the RMD for the second calendar year during the current Rider Year.

Please note: the Withdrawal Benefit Base will be reduced by: (1) any withdrawals taken prior to the Rider Exercise Date, including RMDs, and (2) any withdrawals taken after the Rider Exercise Date that exceed the greater of the Benefit Threshold Amount or the RMD allowance described above.

1. Definitions

Any additional terms used in this rider that are not specifically defined herein, are as defined in the attached contract and riders.

The “**Annual Benefit Amount Percentage**” is the percentage that we will use to calculate the Annual Benefit Amount. It is based on the attained age of the youngest living Covered Person on the Rider Exercise Date. If the Rider Exercise Date occurs on a Rider Anniversary, the Annual Benefit Amount Percentage for the following Rider Year will be used. Please see Section 10 for the table of applicable Annual Benefit Amount Percentages.

The term “**Covered Person(s)**” means the person(s) whose life is used to determine the duration of the lifetime Annual Benefit Amount payments. A Covered Person must be a natural person and cannot be changed.

For the Single Life Option, the Covered Person can be only one life. If there is one natural person Owner, the Owner is the Covered Person. If there are multiple natural person Owners, one must be designated as the Covered Person. If the Owner is a non-natural person and (1) there is one Annuitant, that Annuitant is the Covered Person, and (2) if there is an Annuitant and Joint Annuitant, one of them must be designated as the Covered Person. This rider terminates upon the death of the Covered Person regardless of whether there is a spousal continuation on the base contract.

For the Spousal Life Option, the Covered Persons must be spouses, as defined in the attached contract. If there is one natural person Owner, the Owner and the Owner's spouse must be the Covered Persons and the spouse must be the Owner's designated beneficiary. If there are two spousal Owners, the spousal Owners are the Covered Persons and they are each other's designated beneficiary under the contract. If the Owner is a non-natural person, under the Spousal Life Option, there must be two Annuitants, both of whom are Covered Persons. The Annuitants must be spouses. If there are multiple non-spousal Owners, the Spousal Life Option is not allowed. This rider terminates upon the death of the surviving Covered Person. If you elect the Spousal Life Option and subsequently obtain a divorce, there will be modifications to the terms of this rider. For further information please contact our Annuity Operations Division.

The term “**Excess Withdrawal**” refers to any withdrawal that causes the cumulative withdrawals during a Rider Year to exceed the Benefit Threshold Amount, shown in the rider specifications. The withdrawn amount that exceeds the Benefit Threshold Amount and any subsequent withdrawals in that Rider Year will be considered Excess Withdrawals. The Annual Benefit Amount and Withdrawal Benefit Base will be recalculated as a result of any Excess Withdrawal. Please note that Excess Withdrawals may also incur additional charges and adjustments pursuant to the attached contract.

The term “**Echo**” refers to an amount added to the Withdrawal Benefit Base. The amount added is the dollar amount of interest earned, minus any applicable Strategy Fee Amount, multiplied by the Echo Factor. Echo will never be less than the Minimum Echo Amount.

The term “**Echo Factor**” refers to a multiplier applied to interest earned minus any applicable Strategy Fee Amount to determine the Echo amount.

The term “**Echo Period**” refers to the number of Rider Years in which Echo occurs, subject to the Echo Period Type.

The term “**Echo Period Type**” refers to the treatment of the Echo Period after the Rider Exercise Date. The Echo Period Type is set on the Rider Issue Date for the life of the contract.

The “**GLWB Roll-Up Rate**” is the applicable rate used in determining the increase to the Withdrawal Benefit Base provided by the Roll-Up feature. The GLWB Roll-Up Rates applicable for your rider are shown in Section 10. The GLWB Roll-Up Rate will never be less than the Guaranteed Minimum GLWB Roll-Up Rate shown in the rider specifications.

The term “**Minimum Echo Amount**” refers to the minimum dollar amount of Echo. The Minimum Echo Amount is set on the Rider Issue Date for the life of the contract.

The term “**Monthly Anniversary**” is the same day each month as the Rider Issue Date following the Rider Issue Date. If the day does not exist in a month, the last day of the month will be used. If the day is a non-business day, the next business day will be used.

The term **“Rider Anniversary”** means the same day and month of each year as the Rider Issue Date. If the day does not exist in a month, the last day of the month will be used. If that day is a non-business day, any fees will be deducted and any calculations will be performed on the next business day.

The term **“Rider Exercise Date”** means the earliest date you elect to begin receiving benefits under any Rider Component. This date will be set to the Monthly Anniversary following the date we receive and process your request to begin receiving payments under this rider. Such a request must be submitted in writing and received at our Annuity Operations Division in a form satisfactory to us in order to be processed. This date must be on or after the Earliest Rider Exercise Date, shown in the rider specifications.

The term **“Rider Issue Date”** means the date the rider becomes effective and is shown in the rider specifications. Any charges for this rider are calculated from the Rider Issue Date. Rider Years and Rider Anniversaries are determined from the Rider Issue Date.

The term **“Rider Option”** means the Guaranteed Lifetime Withdrawal Benefit option provided under this rider. The Rider Option must be elected on the Rider Issue Date and cannot be changed after the Rider Issue Date.

Single Life Option

GLWB payments under the Single Life Option cover only one life, and will continue until the death of the Covered Person. Under the Single Life Option, the Covered Person must be living on the date we make the first payment.

Spousal Life Option

GLWB payments under the Spousal Life Option cover two spousal lives, and will continue until the death of the surviving Covered Person. The requirements for Covered Persons, as specified above, must be satisfied in order to elect this option. Under the Spousal Life Option, at least one of the Covered Persons must be living on the date we make the first payment.

The term **“Rider Year”** means, with respect to the first Rider Year, the one-year period beginning on the Rider Issue Date up to, but not including, the first Rider Anniversary. Each subsequent Rider Year is the one-year period beginning on a Rider Anniversary up to, but not including, the next Rider Anniversary.

The term **“Segment Maturity Date”** refers to the business day on which each of the Indexed Account Segments matures. It is measured by the length of the applicable Segment, known as the Segment Duration. For further details, see the contract to which this rider is attached.

The **“Withdrawal Benefit Base”** is an amount used to determine the Annual Benefit Amount.

2. Overview

Subject to the terms and conditions described herein, this rider provides for a Guaranteed Lifetime Withdrawal Benefit (“GLWB”). The GLWB feature of this rider guarantees that you may receive withdrawals or payments of the Annual Benefit Amount for the life of the Covered Person(s) each Rider Year after the Rider Exercise Date. This rider will terminate upon assignment or a change in ownership of the rider or the contract to which it is attached unless the new assignee or Owner meets the qualifications specified under item 5, Section 9 of this rider.

3. Adjustment for Misstatement of Age

If the age of any Covered Person has been misstated, the Withdrawal Benefit Base and Annual Benefit Amount will be adjusted based on such Covered Person’s correct age.

4. Withdrawal Benefit Base Bonus

The Withdrawal Benefit Base Bonus is an amount that will be added to the Withdrawal Benefit Base on the Rider Issue Date. The Withdrawal Benefit Base Bonus is calculated by multiplying the Accumulation Value on the Rider Issue Date by the Withdrawal Benefit Base Bonus Percentage, shown in the rider specifications.

5. Annual Benefit Amount

The Annual Benefit Amount is the amount that is guaranteed to be available for payment or withdrawal each Rider Year after the Rider Exercise Date if the Covered Person is living (Single Life Option) or at least one Covered Person is living (Spousal Life Option).

Prior to the Rider Exercise Date, the Annual Benefit Amount is equal to zero. The Annual Benefit Amount is first calculated on the Rider Exercise Date. On the date it is first calculated, the Annual Benefit Amount is equal $(a) \times (b) \times (c)$, where:

- (d) = the greater of the Accumulation Value and the Withdrawal Benefit Base, both as of the Rider Exercise Date;
- (e) = the applicable Annual Benefit Amount Percentage; and
- (f) = the Withdrawal Benefit Base Factor shown in Section 10.

Thereafter, the Annual Benefit Amount is only recalculated after an Excess Withdrawal [and during the Echo Period on any Rider Anniversary].

Following an Excess Withdrawal, the Annual Benefit Amount will be equal to $(a) \times (b) \times (c)$, where:

- (a) = the Annual Benefit Amount Percentage used to calculate the Annual Benefit Amount on the Rider Exercise Date;
- (b) = the greater of the Accumulation Value and the Withdrawal Benefit Base (after the Accumulation Value and the Withdrawal Benefit Base have been reduced for any Excess Withdrawal); and
- (c) = the Withdrawal Benefit Base Factor shown in Section 10.

[On any Rider Anniversary during the Echo Period, the Annual Benefit Amount will be equal to $(a) \times (b)$, where:

- (a) = the Withdrawal Benefit Base after Echo; and
- (b) = the Annual Benefit Amount Percentage used to calculate the Annual Benefit Amount on the Rider Exercise Date]

The Annual Benefit Amount is a portion of the Benefit Threshold Amount. The Benefit Threshold Amount represents the total amount you can withdraw under all Rider Components each Rider Year without reducing the Annual Benefit Amount. If the Benefit Threshold Amount provided under this rider is greater than the Free Withdrawal Amount provided by the attached contract, the Free Withdrawal Amount will be set equal to the Benefit Threshold Amount.

6. Roll-Up Feature and Echo Feature

See the Withdrawal Benefit Base Method shown in the rider specifications for how these features are used in the calculation of the Withdrawal Benefit Base.

GLWB Roll-Up Feature

The GLWB Roll-Up feature has the potential to increase your Withdrawal Benefit Base. The GLWB Roll-Up feature is available until the earlier of the Rider Exercise Date and the conclusion of the final Roll-Up Period.

At the end of each Roll-Up Period, prior to the Rider Exercise Date, the Owner may elect to begin a new Roll-Up Period ("Roll-Up Restart"). Election of a Roll-Up Restart will be effective for all attached Rider Components. The current GLWB Roll-Up Rates in effect at the time of restart will be applicable, but they will never be lower than the Guaranteed Minimum GLWB Roll-Up Rate shown in the rider specifications. The Rider Fee Percentage may change on restart. The new Roll-Up Period will be the same duration as the most recently concluded Roll-Up Period. The number of Roll-Up Restarts is limited to the Maximum Roll-Up Restarts shown in the rider specifications.

If the Owner does not elect to restart the Roll-Up Period, the GLWB Roll-Up feature will cease and no future restarts will be permitted.

Echo Feature

The Echo feature has the potential to increase or decrease your Withdrawal Benefit Base. If Echo is positive, the Withdrawal Benefit Base will increase. If Echo is negative, the Withdrawal Benefit Base will decrease. The Echo amount will never be less than the Minimum Echo Amount.

The Echo feature is available until the end of the Echo Period. The Echo feature may stop or continue after the Rider Exercise Date in accordance with the Echo Period Type shown in the rider specifications.

The amount of Echo is based on the dollar amount of any Interest Credits earned by the Fixed Account, the dollar amount of any Index Credits earned by the Indexed Account(s) during the Segment, any Strategy Fee Amount assessed on the Segment Maturity Date, and the Echo Factor as shown in the rider specifications.

7. When the Accumulation Value is Reduced to Zero

On the date the Accumulation Value is reduced to zero, the contract terminates and all rights under the contract and the rider terminate other than as described below.

Prior to the Rider Exercise Date

If the Accumulation Value is reduced below the Minimum Remaining Accumulation Value required by the attached contract as the result of any withdrawal (including RMDs), the Withdrawal Benefit Base will be reduced to zero and this rider will terminate. If the Accumulation Value is reduced to zero as the result of Strategy Fee Amount or rider fee deductions, the Rider Exercise Date will automatically be set to the Monthly Anniversary following the date the Accumulation Value is reduced to zero. On the Rider Exercise Date, we will commence monthly benefit payments equal to one-twelfth the Benefit Threshold Amount, which may vary based on the Rider Components attached to this rider. Such payments will continue until the date of death of the Covered Person for the Single Life Option, or until the date of death of the surviving Covered Person for the Spousal Life Option. If the amount to be applied would result in monthly payments of less than \$20, we shall have the right to pay such amount to you in one lump sum in lieu of providing such monthly benefit payments. We also have the right to change the payment frequency to annual if the monthly payment would otherwise be less than \$20.

After the Rider Exercise Date

If the Accumulation Value is reduced to zero as the result of an Excess Withdrawal, the Withdrawal Benefit Base and Annual Benefit Amount will be reduced to zero and this rider will terminate. Otherwise, on the date the Accumulation Value is reduced to zero, we will make a benefit payment equal to the Benefit Threshold Amount, less cumulative withdrawals in the Rider Year, and not less than zero. On the Rider Anniversary following the date the Accumulation Value is reduced to zero, we will commence monthly benefit payments equal to one-twelfth of the Benefit Threshold Amount, which may vary based on the Rider Components attached to this rider. Such payments will continue until the date of death of the Covered Person for the Single Life Option, or until the date of death of the surviving Covered Person for the Spousal Life Option. If the amount to be applied would result in monthly payments of less than \$20, we shall have the right to pay such amount to you in one lump sum in lieu of providing such monthly benefit payments. We also have the right to change the payment frequency to annual if the monthly payment would otherwise be less than \$20.

8. Contract Maturity Date

If your Accumulation Value is greater than zero and you have reached the Contract Maturity Date under the base contract, you have the option to exchange the Accumulation Value for monthly lifetime payments equal to one-twelfth of the Annual Benefit Amount in lieu of applying the Accumulation Value to one of the annuity payment options offered under the base contract.

9. Termination of Rider

The following events will result in termination without value of this Rider Component only:

1. the date the Accumulation Value is reduced to zero as the result of an Excess Withdrawal;
2. the date the Withdrawal Benefit Base is reduced to zero;

Any of the following events will result in termination of all attached Rider Components without value:

1. the date there is a change in any Covered Person;
2. the date of commencement of annuity payments under an annuity payment option as described in the base contract;
3. the date the contract, to which the rider is attached, terminates;
4. the date of death of any Covered Person under the Single Life Option, or the date of death of the surviving Covered Person under the Spousal Life Option;
5. the date you assign any rights or interest in either this rider or the contract to which this rider is attached, unless you have received our prior written approval and either:
 - a. the assignee assumes full ownership of the contract and is essentially the same person (e.g. an individual ownership changed to a personal revocable trust, a change to a court appointed guardian representing the Owner during the Owner's lifetime, etc.); or
 - b. the assignment is for the purposes of effectuating a 1035 exchange of the contract (i.e. the rider may continue during the temporary assignment period and not terminate until the contract is actually surrendered);
6. the date any death benefit is paid under the contract to which this rider is attached;
7. the date the Owner elects, in writing, to terminate or cancel the rider on or after the Earliest Cancellation Date.

Nassau Life and Annuity Company

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[Secretary]

10. Benefit Tables

Annual Benefit Amount Percentage Table

Attained Age of the youngest Covered Person	Annual Benefit Amount %	Attained Age of the youngest Covered Person	Annual Benefit Amount %	Attained Age of the youngest Covered Person	Annual Benefit Amount %
[0	[0.00	41	0.00	82	7.00
1	0.00	42	0.00	83	7.00
2	0.00	43	0.00	84	7.00
3	0.00	44	0.00	85	7.50
4	0.00	45	0.00	86	7.50
5	0.00	46	0.00	87	7.50
6	0.00	47	0.00	88	7.50
7	0.00	48	0.00	89	7.50
8	0.00	49	0.00	90	8.00
9	0.00	50	4.00	91	8.00
10	0.00	51	4.00	92	8.00
11	0.00	52	4.00	93	8.00
12	0.00	53	4.00	94	8.00
13	0.00	54	4.00	95	8.00
14	0.00	55	4.50	96	8.00
15	0.00	56	4.50	97	8.00
16	0.00	57	4.50	98	8.00
17	0.00	58	4.50	99	8.00
18	0.00	59	4.50	100	8.00
19	0.00	60	5.00	101	8.00
20	0.00	61	5.00	102	8.00
21	0.00	62	5.00	103	8.00
22	0.00	63	5.00	104	8.00
23	0.00	64	5.00	105]	8.00]
24	0.00	65	5.50		
25	0.00	66	5.50		
26	0.00	67	5.50		
27	0.00	68	5.50		
28	0.00	69	5.50		
29	0.00	70	6.00		
30	0.00	71	6.00		
31	0.00	72	6.00		
32	0.00	73	6.00		
33	0.00	74	6.00		
34	0.00	75	6.50		
35	0.00	76	6.50		
36	0.00	77	6.50		
37	0.00	78	6.50		
38	0.00	79	6.50		
39	0.00	80	7.00		
40	0.00	81	7.00		

Withdrawal Benefit Base Factor Table

Rider Year	Withdrawal Benefit Base Factor %	Rider Year	Withdrawal Benefit Base Factor %	Rider Year	Withdrawal Benefit Base Factor %
[1	[100.00	41	100.00	81	100.00
2	100.00	42	100.00	82	100.00
3	100.00	43	100.00	83	100.00
4	100.00	44	100.00	84	100.00
5	100.00	45	100.00	85	100.00
6	100.00	46	100.00	86	100.00
7	100.00	47	100.00	87	100.00
8	100.00	48	100.00	88	100.00
9	100.00	49	100.00	89	100.00
10	100.00	50	100.00	90	100.00
11	100.00	51	100.00	91	100.00
12	100.00	52	100.00	92	100.00
13	100.00	53	100.00	93	100.00
14	100.00	54	100.00	94	100.00
15	100.00	55	100.00	95	100.00
16	100.00	56	100.00	96	100.00
17	100.00	57	100.00	97	100.00
18	100.00	58	100.00	98	100.00
19	100.00	59	100.00	99	100.00
20	100.00	60	100.00	100	100.00
21	100.00	61	100.00	101	100.00
22	100.00	62	100.00	102	100.00
23	100.00	63	100.00	103	100.00
24	100.00	64	100.00	104	100.00
25	100.00	65	100.00	105]	100.00]
26	100.00	66	100.00		
27	100.00	67	100.00		
28	100.00	68	100.00		
29	100.00	69	100.00		
30	100.00	70	100.00		
31	100.00	71	100.00		
32	100.00	72	100.00		
33	100.00	73	100.00		
34	100.00	74	100.00		
35	100.00	75	100.00		
36	100.00	76	100.00		
37	100.00	77	100.00		
38	100.00	78	100.00		
39	100.00	79	100.00		
40	100.00	80	100.00		

GLWB Roll-Up Table

Rider Year	GLWB Roll-Up Rate %
[1	[5.00
2	0.00
3	5.00
4	5.00
5	5.00
6	5.00
7	5.00
8	5.00
9	5.00
10[5.00]]