



**WORKING HARDER
TO BE YOUR
CARRIER OF CHOICE**

NASSAU PERSONAL RETIREMENT CHOICE®

A SINGLE PREMIUM FIXED INDEXED ANNUITY WITH
AN OPTIONAL GUARANTEED LIFETIME INCOME BENEFIT

www.nfg.com

Issued by Nassau Life and Annuity Company,
a subsidiary of Nassau Financial Group

NASSAU PERSONAL RETIREMENT CHOICE

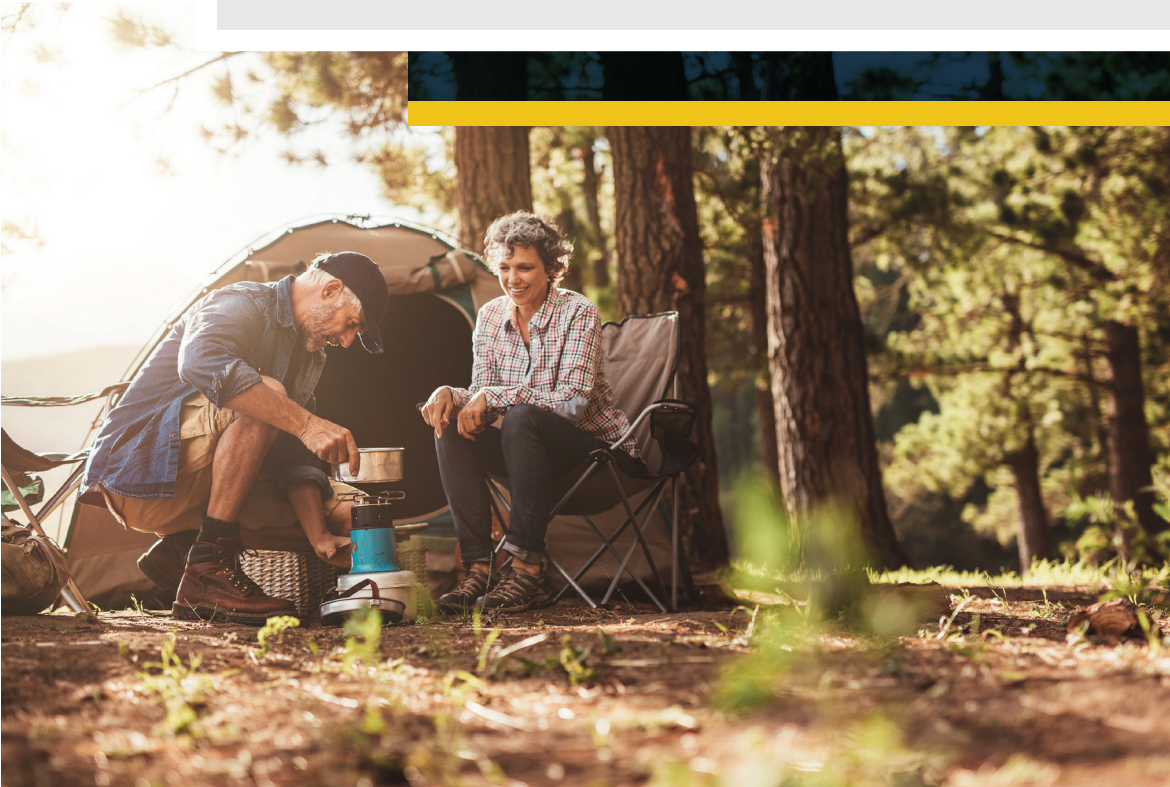
is a fixed indexed annuity designed to address retirement risks with a variety of features and options for accumulation, protection and income:

HELP ADDRESS SAVINGS SHORTFALLS with a generous upfront premium bonus¹

COMBAT INFLATION with potential growth based on the positive performance of a market index

GUARD AGAINST MARKET LOSSES with principal protection

GENERATE INCOME FOR LIFE with an optional Guaranteed Lifetime Income Benefit



Product features, rider options and availability may vary by state. Please review all pages of this Product Overview with your financial professional for details on product features. The Product Summary that accompanies this overview includes further information on state variations, restrictions and other conditions that may apply.

1. The premium bonus and associated earnings are not available for immediate withdrawal because they are subject to vesting. Credited amounts and interest rates may be less for contracts with a premium bonus than for similar non-bonus annuities.

GROWING YOUR RETIREMENT SAVINGS

BOOST PREMIUM WITH A BONUS

Nassau Personal Retirement Choice immediately adds to your premium a bonus that vests over time. This bonus is eligible to earn interest credits, thereby increasing your growth potential.

INDEXED ACCOUNTS CAN HARNESS MARKET UPSIDE

Indexed accounts may credit interest to your annuity when the index experiences positive market performance.²

PRINCIPAL PROTECTION

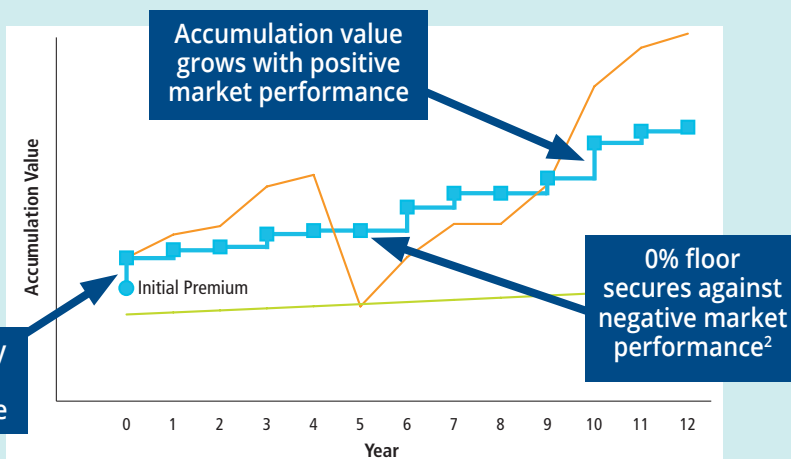
Nassau Personal Retirement Choice allows you to benefit from the growth of the market without downside risk. This is because the minimum index credit applied to your account value is guaranteed never to be less than 0%. Certain indexed accounts and all guaranteed income riders involve fees if elected. In cases where a 0% interest credit is earned, your contract value will be reduced by applicable fees.

PUTTING YOUR RETIREMENT ASSETS TO WORK FOR YOUR FUTURE

This example shows how this annuity's accumulation and protection features work together to maximize your savings.

- Accumulation Value:** The value of the annuity contract, which is equal to the premium plus premium bonus and any interest credited based on positive market performance. This value is not guaranteed.
- Accumulated Index Value:** The Index Value on each contract anniversary is based on the change of index values over the contract year. In this example, the beginning Accumulated Index Value is equal to the initial Premium.
- Total Guaranteed Value (TGV):** The Total Guaranteed Value is the minimum value available upon surrender, death, or annuitization. See page 6 for details.

Bonus immediately adds to your accumulation value



This hypothetical example is meant only to demonstrate how the premium bonus and account crediting method is designed to work. It does not reflect any applicable withdrawals, rider or strategy fees, and is not a promise or projection of future returns. Actual index values vary daily. Past index performance does not guarantee future results. It is possible to receive a 0% index credit for any or all segment durations. It is also possible for an indexed account to lose value if index credits are less than the amount of any applicable rider and strategy fees.

THE POWER OF TAX DEFERRAL

In an annuity, everything you earn is tax-deferred, which may help your money grow faster. Your annuity's tax-deferred earnings are not included in your combined income when determining the amount of your Social Security income that is subject to taxes.³ If you purchase your annuity with after-tax funds, only a portion of your annuity income will be taxable.

FAMILY PROTECTION

Nassau Personal Retirement Choice allows you to transfer your annuity's value to your loved ones if you should die while your contract is in force. Your beneficiaries will receive an amount equal to the greater of the account value less any non-vested premium bonus, or the total guaranteed value.⁴ The funds will be available to your loved ones immediately upon claim, since annuity death benefit proceeds are not subject to probate.⁵

2. Indexed accounts grow through "index credits" that are based on index performance and cap, participation, enhanced participation and/or spread rates. Certain accounts include an annual strategy fee which is deducted from the account value at the end of the segment before any index credits are applied. While the value of each indexed account is affected by the value of an outside index, the contract does not directly participate in any stock, bond or equity investment.

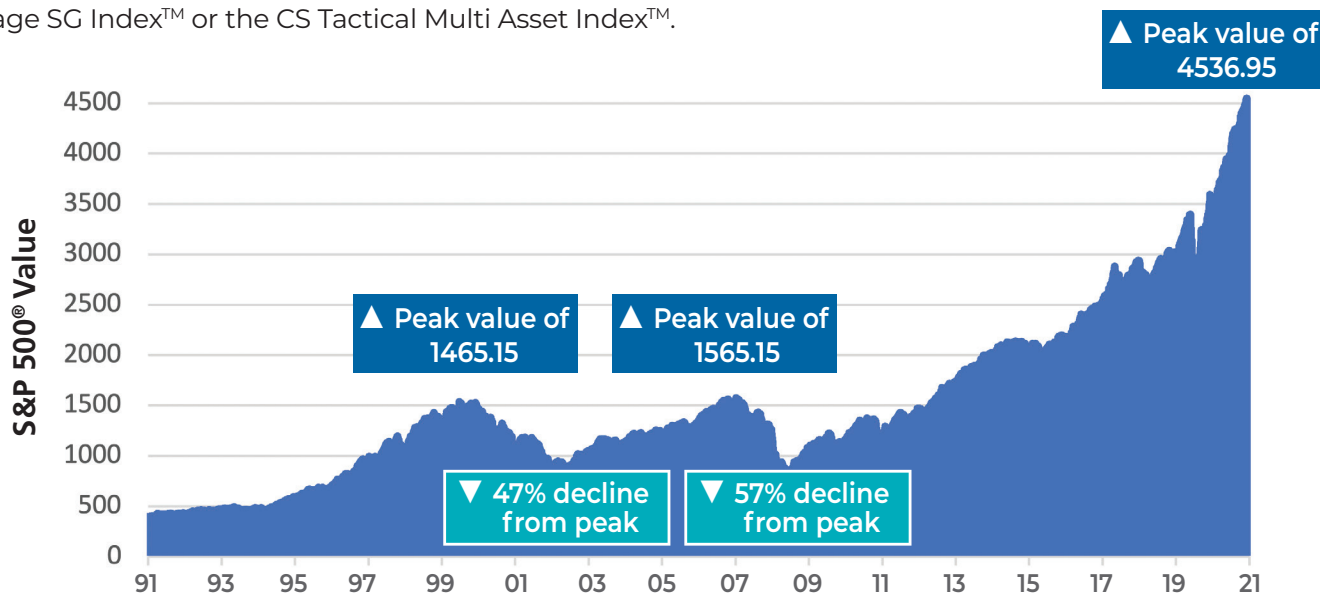
3. Annuities are meant to be long-term products. When you do make a withdrawal, your account value will be reduced accordingly, and all subsequent index credits will be based on the remaining account value. Withdrawals are subject to ordinary income tax, and if taken prior to age 59½, a 10% IRS penalty may apply. This is not tax advice and you should consult with a tax professional for advice based on your individual circumstances.

4. The death benefit will be reduced by any withdrawals (including Income Benefit withdrawals) taken prior to death.

5. Assumes the contract has a named beneficiary. If spousal continuation is elected, death benefit is paid on the death of the second spouse.

MARKET PARTICIPATION & DOWNSIDE PROTECTION

You may choose to allocate your contract value to one or a combination of accounts, which earn interest based on the positive performance of the Nasdaq-100® Index, the S&P 500® Index, the Smart Passage SG Index™ or the CS Tactical Multi Asset Index™.



For hypothetical purposes, this chart displays the S&P 500® index performance over the last 30 years through 9/30/21. Past performance does not guarantee future results.

ABOUT THE NASDAQ-100 INDEX

The Nasdaq-100 Index (NDX®) includes 100 of the largest domestic and international non-financial companies listed on The Nasdaq Stock Market based on market capitalization. The Index reflects companies across major industry groups including computer hardware and software, telecommunications, retail/wholesale trade and biotechnology. It does not contain securities of financial companies including investment companies.

ABOUT THE S&P 500 INDEX

The S&P 500 Composite Stock Price Index (S&P 500) is widely regarded as the best single gauge of U.S. large cap equities. Comprised of 500 major companies, the S&P 500 Index includes representation from the leading industries of the U.S. economy.

ABOUT THE SMART PASSAGE SG INDEX

The Smart Passage SG Index from Societe Generale uses a simple and academic stock selection process with the goal of outperforming its benchmark, the S&P 500, by focusing on low volatility stocks. Historical experience has shown that these stocks tend to outperform highly volatile stocks.⁶ Index account strategies linked to the Smart Passage SG Index use the Sunrise Crediting method which sets the highest month's return in each year of the index term to zero prior to calculating index credits.

ABOUT THE CS TACTICAL MULTI ASSET INDEX

The Credit Suisse Tactical Multi Asset Index consists of a diverse selection of Exchange Traded Funds (ETFs) which track four distinct asset classes: Equity, Fixed Income, Commodities and Real Estate. Allocations to the ETFs are periodically adjusted using a predetermined set of rules that aims to maximize return for a given level of risk. In addition, a volatility targeting technique is assigned to stabilize the level of risk (fluctuations) in the index.

More information on how each strategy works is found in the Indexed Accounts Supplement, available through your financial professional.

6. The Smart Passage SG Index was launched in 2019. All historical backcasting shown in illustrations and hypothetical examples is based on hypothetical data. Past performance is not indicative of future results.

PERSONALIZE YOUR RETIREMENT STRATEGY

CHOICE OF INDEXED ACCOUNTS

The indexed accounts available with Nassau Personal Retirement Choice offer a variety of strategies to benefit from market gains. These strategies offer a level of diversification with different measures and durations of market performance, and by the rate used to calculate the index credit, and a cap, participation and/or spread rate, defined below.

Cap rate: Maximum percentage increase credited to the account, based on positive index performance. Depending on the strategy, the index performance is measured by the index value at the segment's beginning compared to the index value one year later, or by the sum of 12 monthly percentage changes in the index value.

Participation rate: Percentage of increase in the index value used to determine the index credit.

Spread rate: The spread is subtracted from the percentage increase in the index to determine the index credit.

Sunrise with participation: Allows for higher participation rates than other participation rate indexed accounts. The 1- and 2-year Sunrise Smart Passage SG indexed accounts measure the percentage change in the index after the best monthly return for each year in the segment is set to zero (the "Sunrise Adjustment"). The participation rate declared at the segment's start is then

applied to determine

the index credit. Higher participation rates are possible due to the Sunrise Adjustment, but if the growth is concentrated in one or two months, it may underperform other strategies.

Enhanced participation rate: A higher participation rate offers greater growth potential. Includes a strategy fee of 1.00% per year (subject to change for future segments) which is calculated at the end of the segment before any index credit is applied. A pro-rated strategy fee will apply to excess withdrawals. It is possible for the account value to decrease if index credits are less than strategy fees.

ENHANCED PARTICIPATION RATE INDEXED ACCOUNTS WITH STRATEGY FEE⁷

1-year Nasdaq-100 (enhanced participation rate)
1-year S&P 500 (enhanced participation rate)
1-year Sunrise Smart Passage SG (enhanced participation rate)
2-year Nasdaq-100 (enhanced participation rate)
2-year S&P 500 (enhanced participation rate)
2-year Sunrise Smart Passage SG (enhanced participation rate)

STANDARD INDEXED ACCOUNTS⁷

1-year Nasdaq-100 (participation rate)
1-year monthly S&P 500 (cap rate)
1-year S&P 500 (cap rate)
1-year S&P 500 (participation rate)
1-year Sunrise Smart Passage SG (participation rate)
1-year CS Tactical Multi Asset Index (spread rate)
2-year Nasdaq-100 (participation rate)
2-year S&P 500 (participation rate)
2-year Sunrise Smart Passage SG (participation rate)
2-year CS Tactical Multi Asset Index (spread rate)

FIXED ACCOUNT

In addition to the indexed accounts, your annuity's funds may be allocated to a fixed account, which earns interest daily at a specified rate of return that is guaranteed for one contract year. It offers modest returns with protection from market risk and a reliable, predictable return on your account value. A minimum allocation of 10% of your premium or \$2,000 applies. For current rates, contact your financial professional.

Rates are set at the beginning of a segment and guaranteed for its duration. Rates are subject to periodic change and may be different at the beginning of each new segment. Consult a financial professional to learn the current rates for each of the accounts.

7. The CS Tactical Multi Asset Index was launched in 2014 and the Smart Passage SG Index was launched in 2019. Any index performance shown in illustrations and hypothetical examples for periods prior to the index launch dates is based on historical backcasting using hypothetical data. Past performance is not indicative of future results. Multi-year accounts/strategies are not available in New Hampshire. Each account requires a minimum allocation of at least 10% of your premium or \$2,000. Nassau may add, substitute or discontinue indexed accounts in the future.

INCOME TO LAST A LIFETIME

GUARANTEED LIFETIME INCOME BENEFIT

Along with the Nassau Personal Retirement Choice annuity, you may elect a contract rider called the Guaranteed Lifetime Income Benefit (Income Benefit), available for an added fee. The Income Benefit can provide you with guaranteed income payments every year for the rest of your life, provided your withdrawals are within specified amounts.⁸ Additionally, the Income Benefit also includes features to increase your potential guaranteed income amount.

THREE STEPS TO LIFETIME INCOME

- **Start with an enhancement on your premium amount**

Your Income Benefit Base⁹ is set at your premium plus premium bonus.

NOTE: The Income Benefit Base is a calculated value used solely to determine your annual Income Benefit amount and rider fee and is not available for withdrawal.

- **Increase the Income Benefit Base every year you wait**

Annual roll-ups are added to your Income Benefit Base for up to 12 years, or until you exercise your rider. After 12 years, you have the option to restart the roll-ups, at a rate guaranteed to be no less than 3%, for up to 12 more years.

- **Begin your guaranteed income when the time is right for you**

When you exercise the Income Benefit, your Annual Benefit Amount will be calculated based on attained age and Income Benefit Base. The annual roll-ups to your Income Benefit Base will stop at this time.



All withdrawals, including free withdrawals and Required Minimum Distributions (RMDs), are taken from your annuity's accumulation value and will reduce the Income Benefit Base. Prior to exercising your rider, you can help to maximize your potential Income Benefit payment by minimizing withdrawals. After beginning the Income Benefit's guaranteed payments, be sure to withdraw only amounts up to the Annual Benefit Amount, otherwise the Income Benefit Base and future guaranteed income will be reduced. The Income Benefit fee is calculated as a percentage of the Income Benefit Base and deducted annually from the accumulation value. The percentage used is locked in for 12 years; however, as the Income Benefit Base increases through annual roll-ups, the fee amount increases. This fee may offset the premium bonus, particularly during periods when the contract may not earn interest.

8. Lifetime payment guarantees are based on the claims-paying ability of the insurance company, and only payments, not accumulation values are guaranteed. Income Benefit payment amounts are referred to as Annual Benefit Amounts in the contract.

9. The Income Benefit Base is not a guarantee of your contract's account value.

OTHER IMPORTANT INFORMATION

FREE WITHDRAWALS

Each year during your annuity's surrender charge period, you may withdraw up to your contract's free withdrawal amount, a percentage of your account value (7% or 10%, based on the state of issue) free of surrender charges, Market Value Adjustment (MVA) or fees. If the contract is surrendered during the surrender charge period, free withdrawals taken during the prior 12 months will be assessed a surrender charge and any applicable non-vested premium bonus* will be repaid. Withdrawals exceeding the free withdrawal amount in any year will be subject to pro-rated rider and strategy fees (if applicable).

SURRENDER CHARGES

Withdrawals in excess of the free withdrawal amount during the surrender charge period will incur a surrender charge, which is a percentage of the amount withdrawn; the repayment of any applicable non-vested premium bonus* amounts; and are subject to a MVA.

The surrender charge period varies by state and ranges from 10-12 years following the issue date of your contract. After this surrender charge period, you may withdraw the full amount of your contract value with no surrender charge or MVA.

RMD WITHDRAWALS

Additionally, withdrawals for Required Minimum Distributions (RMDs) associated with this contract will not incur withdrawal fees or Market Value Adjustment (MVA). Certain 1 year restrictions apply. See page 5 for details on how RMDs impact the Income Benefit.

NURSING HOME WAIVER AND TERMINAL ILLNESS WAIVER

(Subject to state availability)

Surrender charges are waived (though an MVA and repayment of non-vested premium bonus* will still apply) if the contract owner becomes ill and is confined to a hospital or nursing home for at least 90 consecutive days, or is diagnosed with a terminal illness (a life expectancy of 6 months or less), on or after the first contract anniversary.¹⁰

Please review the product summary, which details surrender charges and complete product information and is required to accompany this brochure.

*Non-vested premium bonus is referred to as "bonus recapture" in some states.

10. Proof of claim may be required prior to exercise.

11. In some states, rider fees will not be deducted in the calculation of TGV. Please see your contract for specific details on how the total guaranteed value is calculated.

12. May vary by state. See your contract for specific details on how the annuitization value is calculated.

RETURN OF PREMIUM

(Subject to state availability)

Your annuity includes return of premium features to help protect your money under certain circumstances.

Upon Surrender: Should you choose to withdraw all of your contract value after the surrender charge period has passed, you are guaranteed to receive no less than your premium minus prior gross withdrawals and cumulative prior income rider fees. Exercise of the Guaranteed Lifetime Income Benefit will cancel this benefit.

Upon Death: Your annuity's contract value may be transferred to your loved ones if you should die while your contract is in force. Your annuity's death benefit will never be less than the premium (less prior gross withdrawals and cumulative prior income rider fees) and is payable to specified beneficiaries upon death.

MARKET VALUE ADJUSTMENT (MVA)

The MVA is applied to any withdrawal in excess of the free withdrawal amount during the surrender charge period. It is calculated based on the difference in interest rates at the time of withdrawal and interest rates at the inception of the contract, and may be a negative or positive adjustment.

TOTAL GUARANTEED VALUE (TGV)

TGV is the minimum value available to you as a surrender value, a death benefit, or an annuitization value. It is equal to 87.5% of the single premium accumulated at the applicable TGV interest rate less prior withdrawals and rider fees.¹¹ The TGV rate is set at contract issue. The rate will range from 1%-3% and is guaranteed for the life of the contract.

ANNUITY PAYMENT OPTIONS

On the contract maturity date, seven fixed annuity payment options provide a choice of periodic fixed payments for a specified period of time or for the life of the annuitant(s). The value available to annuitize is equal to the greater of the Cash Surrender Value and the Accumulation Value at the time of annuitization.¹² Annuitization terminates any riders elected.

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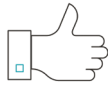
OUR CORE VALUES



We get things done



We are supercharging our legacy



We are committed to our customers



Day in and day out, we work hard to be your carrier of choice

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Product features, rider options and availability may vary by state.

Lifetime payments and guarantees are based on the claims-paying ability of Nassau Life and Annuity Company.

Annuities are long-term products particularly suitable for retirement assets. Annuities held within qualified plans do not provide any additional tax benefit. Early withdrawals may be subject to surrender charges. Withdrawals are subject to ordinary income tax, and if taken prior to age 59½, a 10% IRS penalty may also apply.

Products offering a bonus may offer lower credited interest rates, lower participation rates, lower caps and/or higher spreads, and have higher expenses than products not offering a bonus. Over time, and under certain circumstances, the amount of the bonus may be more than offset by the increased charges, lower credited interest rates, lower participation rates, lower caps and/or higher spreads.

Interest rates, participation rates, spread rates, caps and strategy fees are subject to change.

Non-Security Status Disclosure – The Contract is not a Security. The Contract is not registered under the Securities Act of 1933 and is being offered and sold in reliance on an exemption therein.

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In calculating the performance of the Index, SG deducts a maintenance fee of 0.50% per annum on the level of the Index, and fixed transaction and replication costs, each calculated and deducted on a daily basis. Because the Index can experience potential leverage up to 350%, the maintenance fee may be as high as 1.75% per year. The transaction and replication costs cover, among other things, rebalancing and replication costs. The total amount of transaction and replication costs is not predictable and will depend on a number of factors, including the performance of the index underlying the Index, and market conditions, among other factors. These fees and costs will reduce the potential positive change in the Index and increase the potential negative change in the Index. While the volatility control applied by the Index may result in less fluctuation in rates of return as compared to indices without volatility controls, it may also reduce the overall rate of return as compared to products not subject to volatility controls.

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