(This sample form is provided as a councte that ERISA 403(b) Programs are remitted to the plan's investment ve the date by which these monies are s	hicle by the early	or of (1) 15 hardens d	as the offering of tax or legal advice. Please uirement that Participant contributions are ays following the close of the month, or (2) assets.)
Employee Name			S\$N
PART I			
☐ New			
Change (Supersedes any prior agreen	nent)		
and binding contract, applies only to com compensation paid while it is in effect; (2 effective until one of the following occur Employee terminates employment with the	pensation paid after) it replaces any press: it is amended on the Employer or the	er the date the Agreemer evious Agreement execut r terminated by a writter Employer terminates the	under, Internal Revenue Code ("Code") Section nt are as follows: (1) The Agreement is a legal nt is executed and is irrevocable with respect to ted by the Employee, (3) it shall continue to be n notice to the Employer by the Employee, the above-named plan.
signing this form the Employee certifies th	at the information	provided is complete an	he Employee, with or without cause, nor shall yeen the parties, except as provided herein. By
The Employer also agrees that any benefici	iary designation ma	de pursuant to participa	tion in this 403(b) plan of the Employer shall be 1) Annuity Contract and/or 403(b)(7) Custodial designations, then on such forms as may be
The maximum amount of contributions	May not exceed the		n 402(g), 415(c) and 414(v). In addition, an
Pre-tax 403(b) Contributions: (elect or		% or \$	
Roth (After-Tax) 403(b) Contributions:	(elect one)	% or \$	each pay period each pay period
PART II			
The Employee directs the Employer to coproviders:	ontribute the abo	ve amounts subject to	this Agreement to the following approved
Name of provider:	Product:		% or \$ Amount:
Name of provider:	Product:		% or \$ Amount:
Name of provider:	Product:		% or \$ Amount:
ART III AUTHORIZED SIGNATURES			
	en executed by and	d on behalf of the partie	s this day
			SSN
mployer	,, <u>,</u> ,,	Title	
	D _A	an t of t	

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Election/Change of ING Beneficiary Form - ERISA QPSA and 401 Non-QPSA

ING Life Insurance and Annuity Company P.O. Box 990063

Hartford, CT 06199-0063

Telephone: 1-800-525-4225

ING Life insurance and Annuity Company may also be referred to as the "Company." Please refer to attached

	instructions.		1 500			
Participant Information	Plan Name	ID Number	-	roup/Plan Number		
Please print.	Participant Name (Last, First, Middle Initial)			Date of Birth (mm/dd/yyyy)		
If you have a PO Box, U.S. Tax laws also	Participant's Social Security No. <i>(Required)</i>					
require a street address to be indicated.	MANDATORY - Participant Resident Address (No. & Street)			PO Box (optional)		
!	City/Town		State	Zip Code		
	Email Address					
	Work Telephone No. Extension	Home Telephone No.				
Plan Provisions	QPSA Benefit provided under the Plan (select one):					
for QPSA Plans	☐ 50% ☐ 100% ☐ Other (the percentage must be at least 50%)					
Information must be provided by your Plan	2. Consent rules for waiver of the QPSA Benefits/Beneficiary Change under the Plan (select one):					
Administrator.	Plan allows general consent Plan does not a					
Do not complete for 401 Non-QPSA Plans (see Instructions).	Note: The general consent rules allow the Participant to designate and change Beneficiaries and elect another form of benefit payment without subsequent Spousal Consent for each election after the initial Spousal Consent is obtained. The specific consent rules require Spousal Consent for any Non-Spousal Beneficiary and form of benefit payment election, even if the Spouse consents to the initial designation. Unless the Plan allows the Spouse to provide general consent, the specific consent rules apply.					
Participant Election of Beneficiary	I designate the following Individual(s) as Beneficiary(ies) of my Individual Account under the Contract. If this is a change, I revoke any prior Beneficiary designations on file with the Plan Administrator and the Company.					
☐ Please check If additional Beneficiary information is noted on the back of form.	For QPSA plan: I understand that if I am married I must designate my Spouse as a Primary Beneficiary unless my Spouse consents to the designation of another Beneficiary or my Spouse cannot be located or I am legally separated or abandoned within the meaning of local law. Upon my death prior to distribution of benefits under the Plan to me, my Spouse is entitled to receive a QPSA purchased with the percentage of my account balance(s) indicated in the Plan Provision section above. I understand that I may designate another beneficiary to receive any death benefits payable above and beyond the percentage indicated above.					
	For 401 Non-QPSA plan: I understand that if I am married I must designate my Spouse as a sole Primary Beneficiary entitled to 100% of my account balance(s) unless my Spouse consents to the designation of another Beneficiary or my Spouse cannot be located or I am legally separated or abandoned within the meaning of local law.					
	Primary Beneficiary(ies) (complete legal name) Rela	tionship %	So	clal Security No./TIN		
	Contingent Beneficiary(ies) (complete legal name) Rela	tionship %	So	clal Security No./TIN		
	1	I	1			

	 Unless otherwise requested: a) If more than one Beneficiary is designated, payment will be made in equal beneficiaries who survive the Participant or Annuitant or, if none survive in equal shares to the Contingent Beneficiaries who survive the Participal If no Beneficiary survives the Participant or Annuitant, payment will be a Plan document. c) If a Class of Beneficiaries is designated (such as, "the children of the Payment will be made in equal shares to each person who is a member death of the Participant or Annuitant whether or not he/she has been spongered." 	es the Participant of Annuitant, ant or Annuitant. nade in accordance with the articipant or Annuitant"), then to the class and living at the			
Participant Marital					
Status	I am unmarried	Primary Reneficiary and have			
Participant must select one option.	For QPSA Plans: I am married and have designated my Spouse as the Primary Beneficiary and have				
	not elected to waive the QPSA; therefore, spousal consent is <u>not</u> required				
	For QPSA Plans: I am married and have designated my Spouse as the Primary Beneficiary and have				
	elected to waive the QPSA; therefore, spousal consent is required				
	For 401 Non-QPSA Plans: I am married and have designated my Spouse as my sole Primary				
	Beneficiary entitled to 100% of my account balances; therefore spousal consent is <u>not</u> required				
	☐ Both QPSA and Non-QPSA: I am married and have designated someon				
	Primary Beneficiary to receive the portion of my accounts to which my spo				
	must consent to my election by completing the appropriate Spousal Cons	sent section			
	My Spouse cannot be located				
	\square I am legally separated or abandoned within the meaning of local law ($m u$	ıst have legal supporting			
	documentation in your files – do not send documentation)				
Spousal Consent for QPSA Plans Spouse must complete if Participant elects to waive the QPSA or chooses a	I understand that the Plan in which my Spouse participates entitles me to a life annulty which can be purchased with at least 50% of my Spouse's vested account balance if my Spouse dies before the annuity starting date. (See the Plan Provisions section above for the QPSA percentage under the Plan.) Without my consent, my Spouse cannot elect to waive this benefit. By consenting to my Spouse's waiver, I understand that I will not receive any benefit in the event of my Spouse's death unless I am named Beneficiary.				
Primery Beneficiary other than his/her Spouse	Specific Consent - I consent to my Spouse's designation of the Primary Beneficiary(ies) named above or to my spouse's waiver of a QPSA form of benefit.				
	☐ General Consent - If my Spouse's Plan allows for general consent, I consent to my Spouse's designation of any Beneficiary or to my spouse's waiver of a QPSA form of benefit. I understand that I can limit my Spouse's choice to a particular Beneficiary who will receive payments from the Plan after the death of my Spouse and that I am giving up that right.				
	Spouse's Name (print)	Social Security No.			
	Spouse's Signature	Date (mm/dd/yyyy)			
	State of, County of				
	On this day of, in the year of, before me,				
	the undersigned officer, personally appeared				
	known to me (or satisfactorily proven) to be the person whose name is subscribed to the within instrument				
	and acknowledged that he/she executed for the same purpose therein contained.				
	In Witness Whereof, I hereunto set my hand				
	Notary Public Plan Representative				
	Notary Public Plan	Lichicoettenia			

Spousal Consent for 401 Non-QPSA Plans

Spouse must complete if Participant does not designate his/her spouse as the Sole Primary Beneficiary entitled to 100% of the account balance.

Participant's **Authorized** Signature and Certification

I understand that the Plan in which my Spouse participates entitles me to a death benefit if my Spouse dies before the annuity starting date. Without my consent, my Spouse cannot designate another beneficiary. By consenting to my Spouse's Beneficiary designation, I understand that I will not receive any benefit in the

event of my Spouse's death unless I	am a named Beneficiary.
Spouse's Name (print)	Social Security No.
Spouse's Signature	Date (mm/dd/yyyy)
	, County of
State of	in the year of, before me,
the c	ndersigned officer, personally appeared
known to me (or satisfactorily prover)) to be the person whose name is subscribed to the within instrument
and acknowledged that he/she exec	ited for the same purpose therein contained.
In Witness Whereof, I hereunto se	
	or
Notary Public	Plan Representative
applicable, I acknowledge that I have Survivor Annuity (QPSA).	ve information is completed correctly to the best of my knowledge. If a received and read the description of the Qualified Pre-Retirement
value of benefits payable to my bene balance of the loan. I understand the	
Participant's Signature	Date (mm/dd/yyyy)
I am an Employer, Plan Sponsor, or	Named Fiduciary of the Plan identified above, and I certify the
following: I have read the Plan Provisions further understand that the Conrequested beneficiary designations of the Company is entitled to rely exclaim. I further certify that the election	and certify that the information stated above is true and complete. I spany may rely conclusively on these certifications in processing the on above and that, in the case of any conflicting information, the usively on the information contained in this form. notice and Spousal Consent requirements of the Retirement Equity Argent to the bareficiary designation.

Employer, Plan Sponsor, or Named Fiduciary's Authorized Signature and Certification

of 1984 have been met with respect to the beneficiary designs

Date (mm/dd/yyyy) Employer, Plan Sponsor, or Named Flduciary Name (please print) Daytime Telephone No. Employer, Plan Sponsor, or Named Fiduciary's Signature

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Authorized Signatures and

Certification

for Non-QPSA Plans

Fiduciary.

Election/Change of Beneficiary Form

ING Life Insurance and Annuity Company P.O. Box 990063

Hartford, CT 06199-0063 Telephone: 1-800-525-4225

	ING Life Insurance and Annuity Company may be referred to as the "Company.".
About Qualified Pre- Retirement Survivor Annuities (QPSA)	If you are married, the law requires that any amount remaining in your Plan Contract be paid to your Surviving Spouse in a certain manner upon your death. This manner of payment is called a QPSA and will provide your Spouse with a series of periodic payments over his or her life. The size of the periodic payments will depend on the amount remaining in your Plan Contract and whether your Plan provides for a 50% - 100% QPSA. You may elect to waive the requirement that your Surviving Spouse be paid in the form of a QPSA, and; if applicable, the requirement that your Spouse be your Beneficiary. You may make either or both of these elections beginning with the first day after which you become a Participant in the Plan. Any waiver election you sign before age 35 will become invalid the first day of the Plan year in which you attain age 35. At that time you may again waive the QPSA and/or the requirement that your Spouse be your Beneficiary. If you fall to do so, your Spouse will be your Beneficiary and will receive the QPSA form of benefit. Your Spouse must consent in writing to either waiver. You have the right to revoke any waiver that you have made at any time. Your Spouse may need to consent to any subsequent change of Beneficiary. Please refer to your Summary Plan Description for more information regarding changing Beneficiares. Depending on your Plan document, if your vested account balance is \$5,000 or less at the time of your death, the Plan Administrator may make a distribution to your Surviving Spouse in a single payment even if you do not waive the QPSA. Because a Spouse has certain rights under the law, you should inform your Plan Administrator immediately of any changes in your marital status. A change in your marital status may require you to complete a new Designation of Beneficiary form. For more information regarding waiver of the QPSA form of benefit, contact your Plan Administrator or Employer.
About 401 Non- QPSA Plans	In general, a Plan that is not subject to the minimum funding standards of Internal Revenue Code Section 412 is not subject to the QPSA requirements if:
	 The Plan provides that upon death, 100% of a Participant's account balance(s) are paid to the Participant's Surviving Spouse unless the Surviving Spouse consents to the designation of another Beneficiary, and The Participant does not elect have his or her account balance(s) paid over the Participant's lifetime. If you are a Participant in a Non-QPSA plan and you are married upon your death, 100% of your account balance(s) must be paid to your Surviving Spouse in the form of payment elected by your Spouse unless your Spouse has consented to the designation of another Beneficiary.
Participant Information	Please complete the information requested in its entirety.
Plan Provisions for QPSA Plans	Your Plan Administrator must complete this section in its entirety if your Plan is subject to the QPSA requirements.
Participant Election of Beneficiary	Please complete this section if you are making or changing a Beneficary Designation. For more information regarding the completion of this section, please call the number above and request assistance.
Participant Marital Status	This section must be completed by you.
Spousal Consent for QPSA Plans	Your Spouse must complete the appropriate section if he/she has not been designated as your Primary Beneficiary or you have elected a form of benefit other than a QPSA. This section need not be completed if your Spouse cannot be located or you are legally separated or abandoned within the meaning of local law.
Spousal Consent	Your Spouse must complete the appropriate section if he/she has not been designated as your Primary

Beneficiary entitled to 100% of your account balance. This section need not be completed if your Spouse

These sections must be completed by you, the Participant, and the Employer, Plan Sponsor or Named

cannot be located or you are legally separated or abandoned within the meaning of local law.