

ACCUMULATION PROTECTOR PLUSSM

A FIXED INDEXED ANNUITY BY ATLANTIC COAST LIFE INSURANCE COMPANY



PROTECTION



ACCUMULATION



FLEXIBILITY



PRESERVATION



Protection Plus Growth Potential in Any Market

It Is Time to Protect What You Have Worked So Hard to Build

Whether it is for retirement, legacy, or lifestyle, you have worked hard to earn a living and build your wealth. You have pushed through the daily grind for decades and have finally arrived at a new chapter in life. And while it may be time to start thinking about retirement income and protecting your wealth from unnecessary risk, it does not mean that your wealth needs to stop working for you.



The Accumulation Protector PlusSM Annuity (APP) is a fixed indexed annuity designed to both accumulate wealth, and protect it against future market downturns. With access to its exclusive and flexible crediting strategies, the APP **offers protection and growth potential in any market.***

With the **Accumulation Protector PlusSM Annuity**, it is finally time to let your money do the hard work for you, while having the peace-of-mind that your wealth is protected for what you have in store.

What is a Fixed Indexed Annuity?

A Fixed Indexed Annuity is a tax-deferred, stable, financial option designed to grow your premium and protect it if the market drops. This product is typically accompanied with multiple crediting strategies that you can choose to participate in. These crediting strategies include at least one indexed account and may also include a Fixed Rate account, as seen with the **Accumulation Protector PlusSM Annuity**. When you select an indexing strategy, you are credited interest at the end of the crediting period in the event the index value grows.

A Fixed Indexed Annuity offers access to more interest growth potential as the market performs positively. In addition to growth potential, a Fixed Indexed Annuity offers protection of principal in several different ways. You do not lose money, including interest earned during previous crediting periods, if the index value drops because your money is allocated to the annuity itself rather than directly to the index (or indices). Additionally, the indexed accounts typically offer a minimum guaranteed interest rate of at least 0%.

*The Accumulation Protector PlusSM Annuity offers growth potential whether the market goes up, down, or remains the same.

Protection Plus Growth Potential in Any Market

Protect Your Principal

Protection is the cornerstone of the **Accumulation Protector PlusSM** Annuity. Whether the market goes up, down, or remains the same, your principal is guaranteed not to decrease* due to market performance and is protected through the APP's Fixed and Indexed Accounts.

Accumulate Wealth

The APP gives you exclusive access to the **Credit Suisse Momentum Index**, the **Credit Suisse ESG Macro 5 Index**, the well-established **Standard and Poor's Composite Stock Price Index ("S&P 500[®]" Index)**, and a Fixed Account that provides a guaranteed rate of return. The Credit Suisse Momentum Index, the Credit Suisse ESG Macro 5 Index, S&P 500[®] Index and the Fixed Account provide opportunities to accumulate wealth over time.

Choose from Flexible Crediting Strategies

Not everyone has the same financial goals, nor the same time horizon for achieving those goals. It is because of these different objectives that Flexibility is another key component of the **Accumulation Protector PlusSM** Annuity. This annuity offers a diversified set of fixed and indexed crediting strategies with 1, 2 or 3 year periods that allow you and your advisor to choose the accounts and periods that most align with your goals. Additionally, you can adjust the allocations on the contract anniversary, coinciding with the end of the crediting period, to continue to meet your changing needs.

Preserve Your Lifestyle

Achieve greater financial confidence and achieve the goals you have set for your lifestyle, retirement income and legacy by taking advantage of the flexible options provided by the **Accumulation Protector PlusSM** Annuity. These strategies were created to help protect what you have worked hard for and provide opportunities to accumulate wealth, so you can rest easy in retirement knowing you are preserving the legacy you have built.



*If Rate Enhancement Rider is purchased, principal will not decrease due to market performance but could decrease due to the rider fee.

Today's Retirement Challenges

Americans today are struggling to save enough money for Retirement. In fact, about 40% of American seniors and their partners are expected to experience downward social mobility in retirement.¹

In order to better prepare for your retirement, it is important to understand some of the socioeconomic factors contributing to current retirement challenges.

Life Expectancy Has Increased

The number of Americans over the age of 65 is growing rapidly and projected to increase by about 61% by 2035.² Additionally, this group of individuals are expected to live far longer than previous generations. As life expectancy increases, it is more important than ever to protect your nest egg so that you do not outlive your savings.

Difficult Conditions for Traditional Sources of Retirement

- **Social Security:** Not only is the future of the Social Security program uncertain², but Social Security is making up a smaller share of the pre-retirement income it replaces. The reality is that each month, Americans spend about \$3,900 on necessities and only receive about \$1,470 from Social Security.³
- **Pensions:** Nearly two-thirds of pension funds are considering dropping guaranteed benefits to new workers within the next five years. Furthermore, remaining pension funds are facing financial instability.⁴
- **401(k) Plans:** Although 401(k) plans can be a great retirement tool, nearly 40 million private-sector employees do not have access to this type of retirement plan through their employer.³

Healthcare and Long-Term Care Costs Continue to Rise

Not only are retirees living longer, but their healthcare expenses are increasing as healthcare inflation continues to rise. It is estimated that the average couple will need \$285,000 for medical expenses in retirement, excluding long-term care.⁵ Additionally, in the past year, the weighted average rate increase for long-term care premiums was 45%.⁶

More Seniors are Spending on Rent

Due to the U.S. Great Recession, a larger group of seniors are entering retirement without the security of home equity. The number of renters above the age of 60 has increased by 32% since 2010.⁷ During this time period, rent prices have also increased 36%.⁷ As Seniors move away from homeownership and mortgages, they will be subject to the unpredictability of rental costs.

U.S. Great Recession Has Impacted Savings

The U.S. Great Recession of 2007 has created significant retirement challenges for lower- and middle-class households. During this downturn, many Americans lost their jobs, homes and retirement savings. In 2016, the values of retirement accounts for middle-income groups were stagnant or slightly down compared to 2007.⁸

Clearly, retirement may come with many challenges – how well prepared you are to overcome these challenges is up to you. With an accumulation product like the Accumulation Protector PlusSM Annuity, you will have the opportunity to grow your assets, protect your lifestyle, and prepare for the longer road ahead.

1 Knueven, Liz. "We didn't think it would be this hard': Retirement is an uphill battle for many Americans, and working longer won't fix it." Business Insider, September 30, 2019, New York, NY (www.businessinsider.com).

2 Sommer, Jeff. "Social Security Is Staring at Its First Real Shortfall in Decades." The New York Times, June 12, 2019, New York, NY (www.nytimes.com).

3 Leonhardt, Megan. "Economist: The system is 'flawed' when most Americans have little or no retirement savings." CNBC, December 12, 2019, New York, NY (www.cnbc.com).

4 Bomey, Nathan. "It's really over': Corporate pensions head for extinction as nature of retirement plans changes." USA Today, December 10, 2019, McLean, VA (www.usatoday.com).

5 Fidelity Viewpoints. "How to plan for rising health care costs." Fidelity, April 1, 2019, Smithfield, RI (www.fidelity.com).

6 Mercado, Darla. "Long-term care insurance costs are way up. How advisors can help clients cope." CNBC, September 8, 2019, New York, NY (www.cnbc.com).

7 Yale, Aly, J. "Renting Sees Resurgence, Especially With Seniors And High Earners." Forbes, December 16, 2019, New York, NY (www.forbes.com).

8 Miller, Mark. "Ten years after onset of Great Recession, how are U.S. retirees doing?" Reuters, September 27, 2018, New York, NY (www.reuters.com).

Choose from Eleven Growth Strategies

You have the flexibility to choose how your single premium is allocated across eleven crediting strategies. These crediting strategies include a **Fixed Account** and ten **Indexed Accounts** linked to three indices, the **Credit Suisse Momentum Index**, the **Credit Suisse ESG Macro 5 Index**, and the **S&P 500® Index**. We know that your life and needs are ever evolving, and that is why you can adjust your allocations on the contract anniversary coinciding with the end of each strategy’s crediting period. At that time, you may allocate to any available strategy for a new crediting period of one, two or three years.

The crediting periods for the **Accumulation Protector PlusSM** Annuity’s crediting strategies range from one, two, or three years. The crediting strategies include a **Fixed Rate account**, **Trigger Rate account**, and several **Point-to-Point with Participation Rate or Cap Rate accounts**. A **Point-to-Point** strategy measures the difference in the index’s value on each contract anniversary, comparing it to the value of the index either a year earlier, two years earlier, or three years earlier, depending on the option you choose.

CREDITING STRATEGY OPTIONS		DESCRIPTION
Credit Suisse Momentum Indexed Accounts	One-year point-to-point crediting period with Participation Rate	You can allocate to three different Credit Suisse Momentum Indexed accounts with a Participation Rate . The Participation Rate allows you to access a percentage of the index’s growth for a specific crediting period.
	Two-year point-to-point crediting period with Participation Rate	With the Participation Rate, if the index does not perform positively, your Account does not lose value.
	Three-year point-to-point crediting period with Participation Rate	The Participation Rates for the Credit Suisse Momentum Index One-year point-to-point and Two-year point-to-point crediting strategies are guaranteed for 10 years from the annuity issue date.*
	One-year crediting period with Trigger Rate	You can also allocate to a Credit Suisse Momentum Indexed account with a Trigger Rate . The premium allocated to the Trigger Rate Account will earn interest at a specified rate if the market performs positively or breaks-even. If the index does not perform positively, your Account does not lose value.
Credit Suisse ESG Macro 5 Indexed Accounts	One-year point-to-point crediting period with Participation Rate	You can allocate to three different Credit Suisse ESG Macro 5 Indexed accounts with a Participation Rate . The Participation Rate allows you to access a percentage of the index’s growth for a specific crediting period.
	Two-year point-to-point crediting period with Participation Rate	With the Participation Rate, if the index does not perform positively, your Account does not lose value.
	Three-year point-to-point crediting period with Participation Rate	The Participation Rates for the Credit Suisse ESG Macro 5 Index One-year point-to-point and Two-year point-to-point crediting strategies are guaranteed for 10 years from the annuity issue date.**
S&P 500® Indexed Accounts	One-year point-to-point crediting period with Participation Rate	Allocate to a S&P 500® Indexed account with a Participation Rate, Cap Rate, or combination of the two. The Participation Rate allows you to access a percentage of the index’s growth for the crediting period.
	One-year point-to-point crediting period with Cap Rate	The Cap Rate has a set maximum amount of interest that can be credited at the end of the crediting period. <ul style="list-style-type: none"> If the index value increases but the growth is less than the Cap Rate, your credited interest is the same as the index’s percentage increase. If the index value increases and the growth is greater than the Cap Rate, your credited interest is the same as the Cap Rate.
	Two-year point-to-point crediting period with Participation Rate	With both the Participation Rate and Cap Rate, if the index does not perform positively, your Account does not lose value.
Fixed Rate Account	One-year crediting period with a Fixed Interest Rate	The premium allocated to the Fixed Rate Account will earn daily interest at a specified rate, which is guaranteed for the ensuing contract year. You will receive this rate no matter how the market performs.

*The Participation Rates for the Credit Suisse Momentum Index One-year point-to-point and Two-year point-to-point crediting strategies are guaranteed for 10 years from the annuity issue date, provided that Atlantic Coast Life Insurance Company continues to have access to the Credit Suisse Momentum Index.

**The Participation Rates for the Credit Suisse ESG Macro 5 Index One-year point-to-point and Two-year point-to-point crediting strategies are guaranteed for 10 years from the annuity issue date, provided that Atlantic Coast Life Insurance Company continues to have access to the Credit Suisse ESG Macro 5 Index.

Indices at a Glance

The **Accumulation Protector PlusSM** Annuity offers great earnings potential in any type of market through its access to exclusive and reputable indices. These indices offer stable, risk-controlled ways to potentially accumulate value through the indices' possible growth. The three indices linked to the Indexed accounts include the S&P 500[®] Index, the Credit Suisse Momentum Index, and the Credit Suisse ESG Macro 5 Index.

S&P 500[®] Index

The **S&P 500[®]** Index measures the stock performance of the 500 largest publicly traded companies in the U.S. These companies represent leading industries of the U.S. economy.

Credit Suisse Momentum Index

The **Credit Suisse Momentum Index** is a **global multi-asset** index that dynamically allocates across its components using a unique and flexible **momentum-driven** strategy with **risk-adjusted weightings**. The Credit Suisse Momentum Index was designed to adapt to various market conditions and generate consistent returns over time.

The risk-monitored Credit Suisse Momentum Index can create value for your annuity in all market types (rising, falling, or remaining the same) by taking long positions (buying) in components exhibiting the strongest trends and short positions (selling) in components with weaker trends.

Access to the Credit Suisse Momentum Index is exclusive to buyers of the **Accumulation Protector PlusSM** Annuity.

The index has a 3-step rebalancing process built upon key financial concepts.



Step 1
MOMENTUM

Each month, two different mechanisms are implemented:

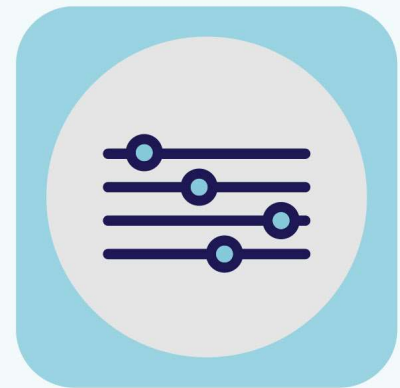
- The exposure to the components is adjusted based on a momentum strategy ("Momentum")
- Weights are allocated to each component based on their volatility ("Risk-Adjusted Weights")



Step 2
RISK ADJUSTED WEIGHTS

Each day, a further mechanism is implemented:

- The Index is monitored with the goal of maintaining volatility near 5%



Step 3
RISK CONTROL

To learn more about this index,
please read the **Credit Suisse Momentum Index** brochure.

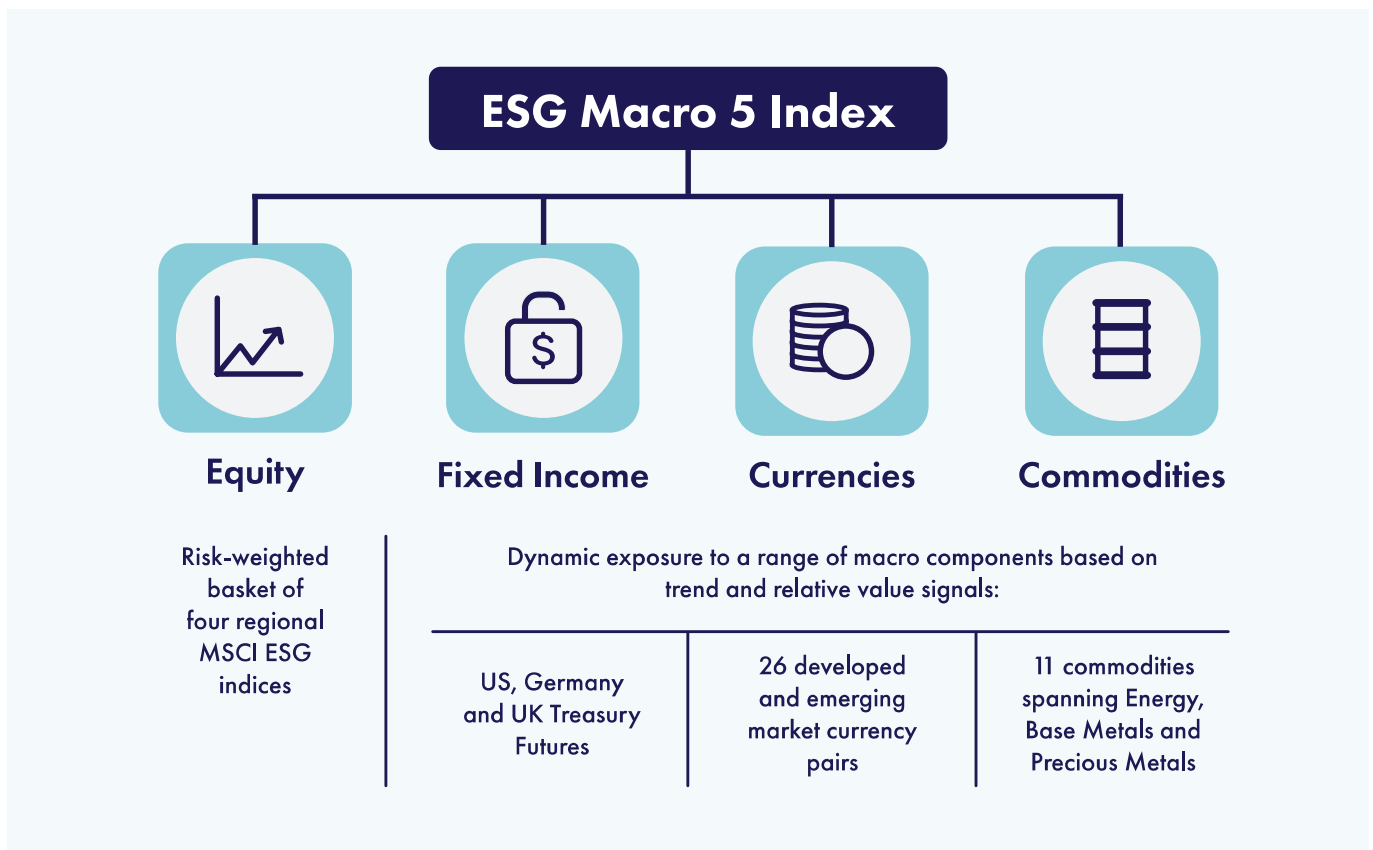
Credit Suisse ESG Macro 5 Index

The **Credit Suisse ESG Macro 5 Index**, a **global multi-asset index**, applies an innovative strategy that combines **environment, social and governance (ESG) equity components** with **macro components**, while a risk control mechanism targets a **5% index volatility**. The Credit Suisse ESG Macro 5 Index uses a daily adjustment aimed at stabilizing performance and generating consistent returns over time.

With the ESG component, your annuity has exposure to a risk-weighted basket of **four MSCI ESG Indices** that focus on regional activities considered positive for the environment, society, that are not subject to controversy and that display the highest ESG scores as computed by MSCI.

The framework of the Credit Suisse ESG Macro 5 Index uses **diversification** as an approach to create value for your annuity by seeking returns across various market environments while mitigating risk exposure.

Access to the Credit Suisse ESG Macro 5 Index is exclusive to buyers of the **Accumulation Protector PlusSM** Annuity.



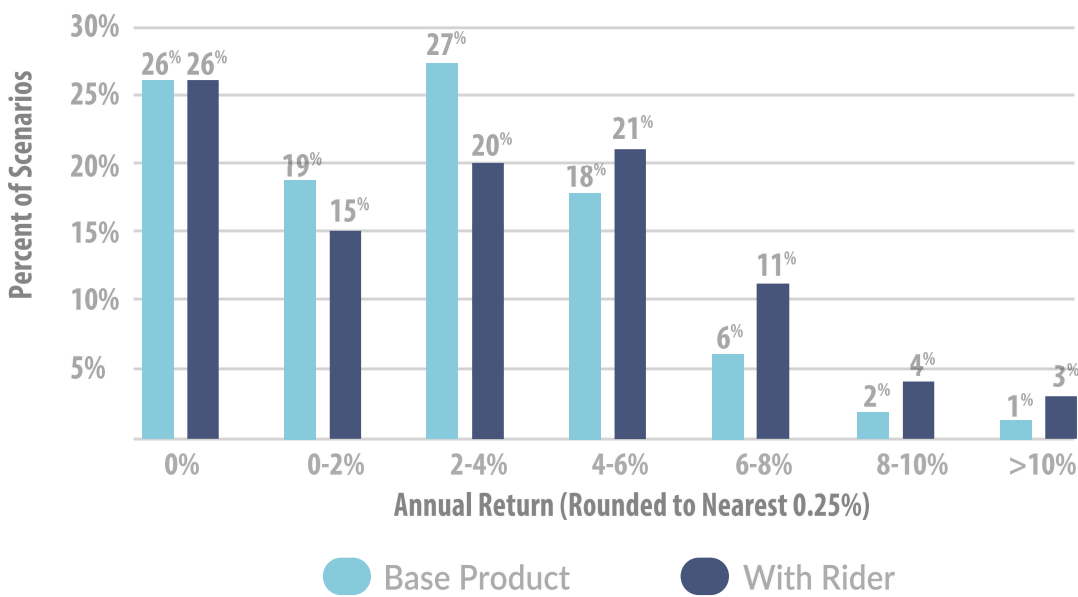
**To learn more about this index,
please read the Credit Suisse ESG Macro 5 Index brochure.**

S&P 500® Index Illustrative Statistics

Based on the below hypothetical Distribution of Annual Returns, selecting the S&P 500® Index's 1 Year Participation strategy would have resulted in the following statistics for the displayed period:

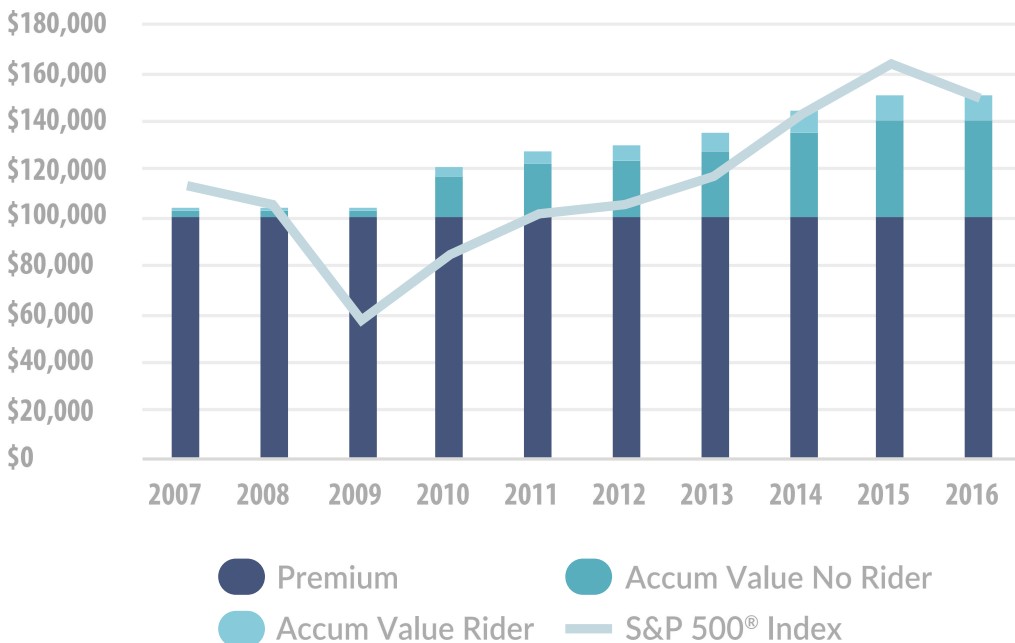
- Positive annual interest would be earned if you deposited your money on 74% of the possible deposit dates.
- An annual interest >2% would be earned if you deposited your money on 55% of the possible deposit dates with the base product, or 59% of the possible dates with the Rate Enhancement Rider.
- By adding the Rate Enhancement Rider to this strategy, you would increase the portion of deposit dates resulting in earning greater than 6% annual interest by nearly double, from 9% to 17%.

Distribution of Annual Returns S&P 500® 1-Year Participation (Hypothetical Returns)



This chart reflects the distribution of annual returns over a 1-year period for policies issued on dates between 3/31/2000 – 12/31/2018 with 100% of the premium allocated to the S&P 500® Index 1yr Participation Rate strategy with or without the Rate Enhancement Rider. Average annual returns were rounded to the nearest 0.25%. This example uses a 27% participation rate on the S&P 500® Index 1yr Participation Rate strategy, and a 33% participation rate on the S&P 500® Index 1yr Participation Rate strategy with the Rate Enhancement Rider. This chart is meant for illustration purposes only. It is not a prediction of future results. This product was not available during the specified time period.

S&P 500® 1-Year Participation (Hypothetical Data)



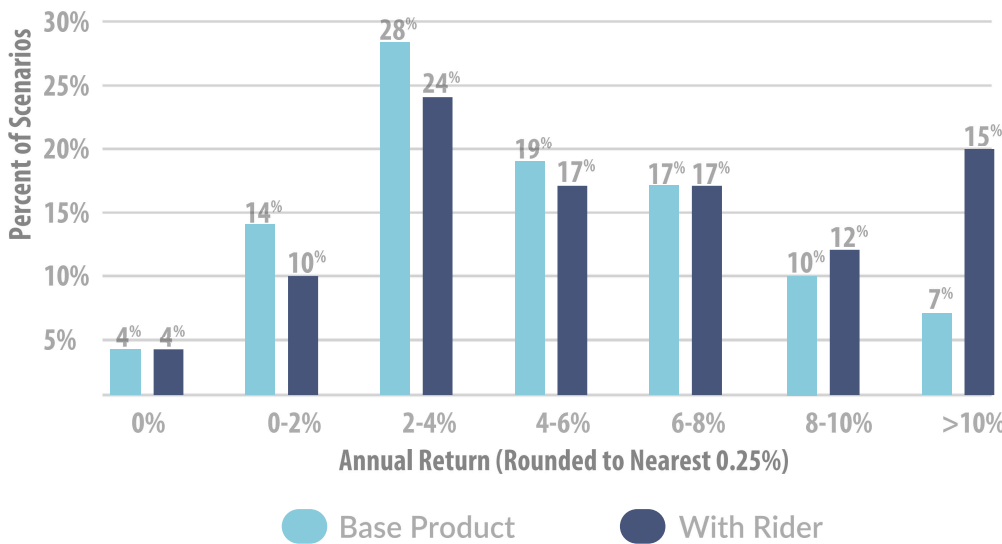
This scenario is based on a \$100,000 initial purchase premium and the selection of the Rate Enhancement Rider with 100% of the premium allocated to the S&P 500® Index 1yr Participation Rate strategy. This example reflects S&P 500® index values from 2/23/2006 – 2/23/2016, 27% participation rate on the S&P 500® Index 1yr Participation Rate strategy, and a 33% participation rate on the S&P 500® Index 1yr Participation Rate strategy with the Rate Enhancement Rider. This example is hypothetical only and is meant for illustration purposes. It is not a prediction of future results. This product was not available during the specified time period.

Credit Suisse Momentum Index Illustrative Statistics

Based on the below hypothetical Distribution of Annual Returns, selecting the Credit Suisse Momentum Index's 1 Year Participation strategy would have resulted in the following statistics for the displayed period:

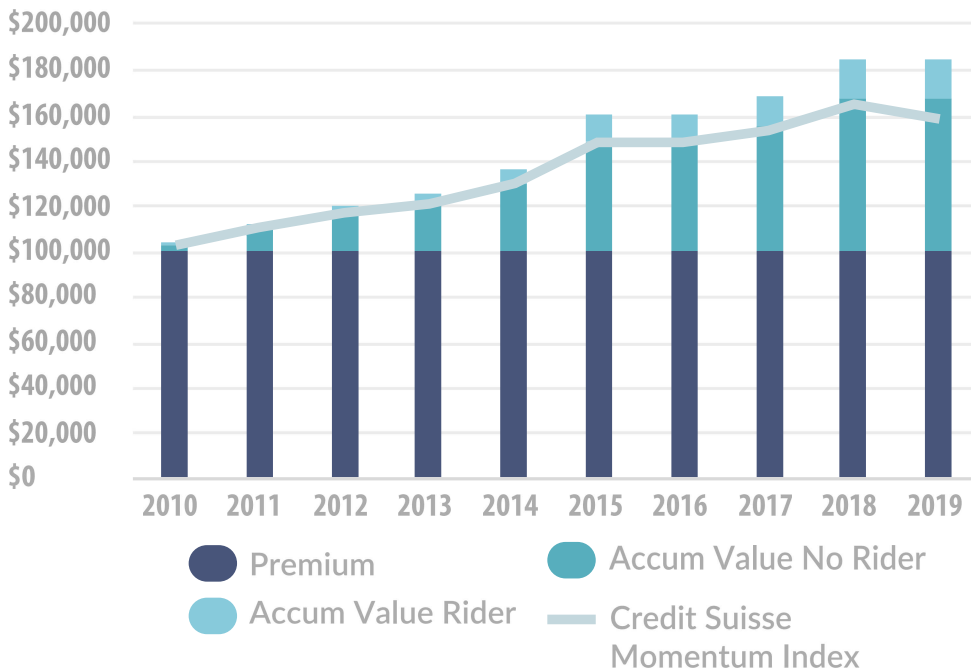
- Positive annual interest would be earned if you deposited your money on 96% of the possible deposit dates.
- Annual interest >2% would be earned if you deposited your money on 82% of the possible deposit dates with the base product, or 85% of the possible dates with the Rate Enhancement Rider.
- By adding the Rate Enhancement Rider to this strategy, you would increase the portion of deposit dates resulting in earning greater than 6% annual interest by nearly a third, from 34% to 44%.

Distribution of Annual Returns Credit Suisse Momentum Index 1-Year Participation (Hypothetical Returns)



This chart reflects the distribution of annual returns over a 1-year period for policies issued on dates between 3/31/2000 – 12/31/2018 with 100% of the premium allocated to the Credit Suisse Momentum Index 1yr Participation Rate strategy with or without the Rate Enhancement Rider. Average annual returns were rounded to the nearest 0.25%. This example uses 100% participation rate on the Credit Suisse Momentum Index 1yr Participation Rate strategy, and a 120% participation rate on the Credit Suisse Momentum Index 1yr Participation Rate strategy with the Rate Enhancement Rider. This chart is meant for illustration purposes only. It is not a prediction of future results. This product was not available during the specified time period. The Credit Suisse Momentum Index is live since February 12, 2020, therefore any Index data used to compute the annual returns of the Credit Suisse Momentum Index 1yr Participation Rate strategy has been simulated and is no indication or guarantee of future performance of the Index. The Index data has been derived by means of a retroactive application of a back-casted model designed with the benefit of hindsight. The back-casted, hypothetical, historical Index data this chart is based on has inherent limitations. No representation is made that in the future the Index will have the returns used. Alternative modeling techniques or assumptions might produce significantly different results and may prove to be more appropriate. The Index is calculated net a 0.5% p.a. index calculation fee. The Index also contains embedded transaction costs and holding costs. The Index could underperform relative to other indices, including equity indices. In addition, the Index is an excess return index; it reflects the return of components net of the cost of funding a hypothetical investment in them.

Credit Suisse Momentum Index 1-Year Participation (Hypothetical Data)



This scenario is based on a \$100,000 initial purchase premium and the selection of the Rate Enhancement Rider with 100% of the premium allocated to the Credit Suisse Momentum Index 1yr Participation Rate strategy. This example reflects the Credit Suisse Momentum Index values from 1/23/2009 - 1/23/2019 (at that time the Index was not live and the Index data has been simulated), 100% participation rate on the Credit Suisse Momentum Index 1yr Participation Rate strategy, and a 120% participation rate on the Credit Suisse Momentum Index 1yr Participation Rate strategy with the Rate Enhancement Rider. This example is hypothetical only and is meant for illustration purposes. It is not a prediction of future results. This product was not available during the specified time period. Past performance is no indication or guarantee of future performance. The Index data has been derived by means of a retroactive application of a back-casted model designed with the benefit of hindsight. The back-casted, hypothetical, historical Index data this chart is based on has inherent limitations. No representation is made that in the future the Index will have the returns used. Alternative modeling techniques or assumptions might produce significantly different results and may prove to be more appropriate. The Index is calculated net a 0.5% p.a. index calculation fee. The Index also contains embedded transaction costs and holding costs. The Index could underperform relative to other indices, including equity indices. In addition, the Index is an excess return index; it reflects the return of components net of the cost of funding a hypothetical investment in them.

Enhance Your Earnings Potential

Rate Enhancement Rider

The Rate Enhancement Rider is a fantastic feature to add to your annuity if you want to take your accumulation power to the next level!

This rider increases the amount available for free withdrawal from 5% to 10% of your annuity's Account Value.

Additionally, this rider gives you a better opportunity to earn more interest as it increases the Fixed, Participation, and Cap rates across your annuity's crediting strategies. Increasing the Participation and Cap Rates offers potential to substantially benefit from the index's upside, because your premium has access to a larger percentage of an index's growth.

There is a fee with the purchase of the rider.

Pricing Guarantee

The **Accumulation Protector PlusSM** Annuity offers a 110% Return of Premium (ROP) Guarantee if the Rate Enhancement Rider is purchased and the contract persists to year 10. The premium is adjusted for withdrawals.



Is the Accumulation Protector PlusSM Annuity Right for You?

The **Accumulation Protector PlusSM** Annuity can be a wonderful growth vehicle for those looking to accumulate wealth and protect their retirement income.

If the below sounds like you, the **Accumulation Protector PlusSM** Annuity may be the addition you have been searching for!

- You have a low-tolerance for risk, and typically invest in CDs, Savings Bonds, Money Market Funds, and Treasury Bills.
- You are looking for a long-term strategy to grow your principal (ideally around 10 years).
- You like to protect your hard earned money.
- You want to preserve the legacy you have built by accumulating more wealth in a reliable way.
- You enjoy having lots of flexible allocation options when growing your money.
- Access to a global, risk-monitored index with a diversified portfolio sounds appealing.
- You are thinking about retiring soon or have retired.



Accumulation with Accessibility

Certain life events may arise where you need to access your money sooner than you were expecting. With the **Accumulation Protector PlusSM** Annuity, there are several ways to access your funds if the unexpected occurs.



Free Withdrawals

Some annuities do not offer free early withdrawals, but in the second contract year, the **Accumulation Protector PlusSM** Annuity allows you to withdraw up to 5% of your Account Value or your Required Minimum Distribution, whichever greater.

Terminal Illness and Nursing Home Waiver

If you are diagnosed with a terminal illness or need to move into a nursing home, you can make a full surrender or partial withdrawal with no Market Value Adjustment, Surrender Charge, or loss of any applicable Non-Vested Premium Bonus under certain conditions.

Additional Product Features

Issue Ages: 0-85

Contract Term: 10 years

Minimum Single Premium: \$5,000

Maximum Single Premium: \$1,000,000 (without prior approval)

Maturity Age: 100

Acceptable Funds: Both non-qualified and qualified markets

Premium Bonus

When you purchase the **Accumulation Protector PlusSM** Annuity you will receive a one-time premium bonus of 5%. The premium bonus is immediately credited to your account, increasing the value of your account and giving you the opportunity to earn additional interest. Your funds can be accessed subject to your vesting schedule.

Contract Year	1	2	3	4	5	6	7	8	9	10	11+
Vesting	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

Surrender Charges

If you surrender your contract or request withdrawals above the free withdrawal amount, there may be surrender charges. Please discuss the surrender charge schedule with your agent.

Contract Year	1	2	3	4	5	6	7	8	9	10	11+
10 year	10%	9%	8%	7%	6%	5%	4%	3%	2%	1%	0%

Settlement Options

You may choose, after the fifth contract year or at death, when you want to start to receive annuity payments and the duration in which they are paid. The vested value and the settlement option you select will determine the payment amount.

Lifetime Income Only

With this option, the annuitant receives equal monthly payments for the rest of their lifetime. Payments will end with the payment due just before the annuitant's death. No death benefit is payable with this option.

Period Certain Only

This settlement option guarantees equal monthly payments for a specified period, between 10 years and 20 years. After the fifth contract year, you may request a specific period, with guaranteed equal monthly payments, between 5 years and 20 years. If the annuitant dies before payments have been made for the specified period, the beneficiary will receive remaining payments for the specified period.

Lifetime Income with Guaranteed Period Certain

This settlement option provides equal monthly payments for the greater of the annuitant's remaining lifetime or a specified period of time. If the annuitant dies after payments have been made for the specified period, payments end with the payment due just before the annuitant's death.

Death Benefit

Protect your loved ones with the APP's Death Benefit feature. If you pass away before receiving any proceeds*, other than a Withdrawal, the amount payable to your beneficiary(ies) is equal to the greater of the Account Value less any Non-Vested Premium Bonus or the Minimum Guaranteed Surrender Value determined as of the date of death.



* Proceeds are defined as the amount payable when: (1) the Owner takes a Withdrawal; (2) the Owner surrenders their Contract; (3) an Owner dies; or (4) the Contract matures.

Disclosures

Annuity Guarantees - Annuity guarantees rely on the financial strength and claims-paying ability of Atlantic Coast Life Insurance Company. Additionally, the Participation Rates for the Credit Suisse Momentum Index One-year point-to-point and Two-year point-to-point crediting strategies are guaranteed for 10 years from the annuity issue date, provided that Atlantic Coast Life Insurance Company continues to have access to the Credit Suisse Momentum Index.

The Participation Rates for the Credit Suisse ESG Macro 5 Index One-year point-to-point and Two-year point-to-point crediting strategies are guaranteed for 10 years from the annuity issue date, provided that Atlantic Coast Life Insurance Company continues to have access to the Credit Suisse ESG Macro 5 Index.

Fixed Account - If you select the Fixed Account, this account will earn the current fixed interest rate which is guaranteed for each Contract Year and credited daily.

Index Account Interest Rate Calculation - At the end of each crediting period, the index value (ending value) is compared to the index value at the beginning of each crediting period (beginning value). When the ending value is higher than the beginning value, interest is credited to the index account. When the ending value is lower than the beginning value, no interest will be credited.

Index Crediting Strategies - Value in the index strategies will grow if the applicable index increases. Your potential earnings are either capped at a maximum interest rate or limited by a certain percentage of the index gain, depending on the terms and conditions of your index strategy. S&P 500® cap and participation rates, and Credit Suisse Trigger Rates are subject to change after the first crediting period.

Cap - If you select an index account utilizing a cap, the maximum index interest rate for the crediting period may not be more than the cap.

Participation Rate - If you select an index account utilizing a participation rate, the interest rate is equal to the percentage increase in the index value over the crediting period multiplied by the participation rate.

Trigger Rate - The minimum percentage of change in the Credit Suisse Momentum Index required to receive the Trigger Account Interest Rate.

Penalty Free Withdrawal - Up to the greater of 5% of the Accumulation Value or the Required Minimum Distribution may be withdrawn without any Surrender Charges, forfeiture of Nonvested Bonus, or Market Value Adjustment starting in year two.

Nursing Home Waiver - Must be confined to a nursing home for a period of at least 90 consecutive days. There is a waiting period of one year. If the owner is confined to a nursing home during the waiting period, this benefit would not be available in certain states.

Terminal Illness Waiver - Terminal illness is defined as any medical condition which a physician certifies that the contract owner's expected life span is twelve months or less. Proof of the terminal illness is required by a certified licensed physician that is not the owner, annuitant, or a family member to the owner or annuitant. The owner cannot be terminally ill during the waiting period. There is a waiting period of one year.

Vested Value - The Accumulation Value less the amount of Premium Bonus that is not vested using the following Vesting Schedule:

Contract Year	1	2	3	4	5	6	7	8	9	10	11+
Vesting	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

Market Value Adjustments - The Market Value Adjustment (MVA) is specified in the contract. The MVA expires at the end of the Surrender Charge Period.

Surrender Value - The Surrender Value is subject to Surrender Charges, Market Value Adjustment (MVA), forfeiture of Non-vested Premium Bonus, and Minimum Guarantee Surrender Value required by Standard Non-Forfeiture Law. Surrender Charges are calculated according to the following schedule:

Contract Year	1	2	3	4	5	6	7	8	9	10	11+
10 year	10%	9%	8%	7%	6%	5%	4%	3%	2%	1%	0%

Federal Income Tax Penalty - Any distribution taken prior to any owner's age 59 1/2 may be subject to an additional 10% federal income tax penalty.

Settlement Options - Lifetime Income Only and Lifetime Income with Guarantee Period Certain payments are calculated utilizing the Annuity 2012 IAR table and calculated at a 1% interest rate.

Rate Enhancement Rider - Provides higher interest rates, caps, and participation rates. Also includes the ROP benefit and penalty free increase.

Rider Fees - If you elect the Rate Enhancement Rider, there is an annual fee on each contract anniversary of 0.95% multiplied by the value in each crediting account and subtracted from the corresponding crediting account.

Death Benefit - The total Death Benefit that would be payable to the beneficiary when the Owner or the Annuitant, if the Owner is not a natural person, dies before annuity payments begin. The Death Benefit is the greater of the Vested Value or the Minimum Guaranteed Surrender Value on the date of the Owner's death.

Minimum Guaranteed Surrender Value - (1) 87.5% of Purchase Premium; less (2) Any Withdrawal amount including any applicable Market Value Adjustment and Surrender/Withdrawal Charges; plus (3) interest credited at the Minimum Guaranteed Surrender Value Interest Rate shown on the Contract Data Page from date Purchase Premium is received and accepted by Atlantic Coast Life Insurance Company and will in no event be less than the present value, at time of surrender, of the Accumulation Value then guaranteed on the later of the 10th Contract Anniversary or the anniversary next following the Owner's 70th birthday. The present value will be calculated on the basis of an interest rate 1% higher than the interest rate which was used to accumulate the Accumulation Value from the date of Surrender to the later of the 10th Contract Anniversary or the anniversary next following the Owner's 70th birthday. The paid-up annuity, Cash Surrender Values and Death Benefit available under this Contract are not less than the minimum benefits required by the NAIC Standard Nonforfeiture Law for Individual Deferred Annuities, model #805. A detailed description of the method by which these values are computed has been filed with the Interstate Insurance Product Regulation Commission (IIPRC).

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This brochure provides a brief description of the provisions of the Annuity Contract with the series of form numbers including: ICC19-ACLACCFIAPOL, ICC19-ACLACCFIABU, ICC19-ACLACCFIATEN, ICC19-ACLACCFIASPPTPEN, ICC19-ACLACCFIACSPPTPEN, ICC19-ACLACCFIAAP

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ATLANTIC COAST LIFE

INSURANCE COMPANY



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