



Direct Rollover to a 401 Plan

ING Life Insurance and Annuity Company
 c/o ING National Trust
 PO Box 990063
 Hartford, CT 06199-0063
 Telephone: 800-584-6001
 Fax: 800-643-8143

ING Life Insurance and Annuity Company will be defined as "ING," "we," "us," or "our" in this document.

Good Order Instructions	<p>1. Please contact your Plan Administrator prior to completing this form to determine if assets under an existing plan or traditional IRA can be rolled over into this Plan. If yes, complete this form and forward it to the Former Investment Provider/Recordkeeper along with a request for a distribution. Mail or fax a copy to the address or phone number above. Please make a photocopy if you wish to retain a copy for your records. If you are not previously enrolled in the Plan, your Plan Administrator must submit a completed Enrollment Form before requesting a transfer or rollover to ING. If you intend to accomplish an indirect rollover (i.e., where you remit a personal check to ING), we must receive backup from your prior recordkeeper to support the amounts rolled over.</p> <p>2. In order to process the rollover or transfer request, the transferred assets must be received at our designated location in Good Order. Assets transferred by the Former Investment Provider/Recordkeeper will be deemed to be in Good Order if accompanied by the appropriate information to enable ING to apply the assets to the Participant's account. Any corrections made on this form must be initialed and dated by the appropriate parties. Transferred assets will be invested using the participant's most current investment allocation, unless we receive this form on which an alternate investment selection is made. If the alternate investment instructions are not in good order, as we determine, we may return the form to you for correction and resubmission, or we may contact you to clarify investment instructions.</p> <p>3. Funds will be applied to the account the same day they are received from the Former Investment Provider/Recordkeeper if received in Good Order before the close of the New York Stock Exchange on any day the Stock Exchange is open for trading (usually 4:00 p.m. Eastern Time). All requests received in Good Order after the close of the Stock Exchange will be processed the next day that the Stock Exchange is open.</p>		
Participant Information	Participant Name <i>(Last, First, Middle Initial)</i>		Date of Birth <i>(mm/dd/yyyy)</i>
	MANDATORY – Participant Resident Address <i>(No. & Street)</i>		PO Box <i>(optional)</i>
	City/Town		State ZIP
	Work Telephone No. ()	Extension ()	Home Telephone No. () Social Security No.
Former Investment Provider/Recordkeeper	Former Investment Provider/Recordkeeper Name		Telephone No.
	Former Investment Account No.	<input type="checkbox"/> Full Rollover <input type="checkbox"/> Partial Rollover \$ _____ or _____ % <input type="checkbox"/> Maximum without penalty	
Transfer to ING	<p><input type="checkbox"/> Check Mailed Directly to ING Mail check payable to ING National Trust F/B/O Participant Name, Social Security No. and Plan No. to the address below. Regular Mail: ING Life Insurance and Annuity Company c/o ING National Trust P.O. Box 31812 Hartford, CT 06150-1812 Express Mail: Bank of America Attn: ING Life Insurance and Annuity Company c/o ING National Trust P.O. Box 31812 3rd Floor-CT2-547-03-24 99 Founders Plaza East Hartford, CT 06108</p> <p><input type="checkbox"/> Wire Transfer Direct to ING Wire Funds to: Wachovia Bank of Winston Salem, North Carolina ABA Number: 053000219 ING National Trust/Prem Collection Bank Account Number: 2087350311363 Beneficiary References: Include Participant Name, Social Security No. (9 digit numeric), Plan No. (6 digit numeric) and Payroll location (if any) (4 digit numeric). Example: John J. Jones 999-99-9999 888123-0001</p>		
Required >	Plan No. and/or Employer Name		

