



ATLANTIC COAST

LIFE INSURANCE COMPANY

MYGA & INDEX RATE SHEET
EFFECTIVE 9/13/2022

	SAFE HARBOR (Simple Interest)		SAFE HAVEN (Compound Interest)	
Interest Rate Guarantees				
5 Years Fixed	<u>All Other</u> - Year 1: 5.90% - Year 2+: 4.90% - Effective ** Compound Level Rate: 4.65%	<u>FL*</u> - Year 1: 5.80% - Year 2+: 4.80% - Effective ** Compound Level Rate: 4.56%	<u>All Other</u> - Year 1: 5.45% - Year 2+: 4.45% - Effective ** Compound Level Rate: 4.65%	<u>FL*</u> - Year 1: 5.35% - Year 2+: 4.35% - Effective ** Compound Level Rate: 4.55%
6 Years Fixed	<u>All Other</u> - Year 1: 6.10% - Year 2+: 5.10% - Effective ** Compound Level Rate: 4.68%	<u>FL*</u> - Year 1: 6.00% - Year 2+: 5.00% - Effective ** Compound Level Rate: 4.60%	<u>All Other</u> - Year 1: 5.50% - Year 2+: 4.50% - Effective ** Compound Level Rate: 4.67%	<u>FL*</u> - Year 1: 5.40% - Year 2+: 4.40% - Effective ** Compound Level Rate: 4.57%
7 Years Fixed	<u>All Other</u> - Year 1: 6.30% - Year 2+: 5.30% - Effective ** Compound Level Rate: 4.72%	<u>FL*</u> - Year 1: 6.15% - Year 2+: 5.15% - Effective ** Compound Level Rate: 4.61%	<u>All Other</u> - Year 1: 5.55% - Year 2+: 4.55% - Effective ** Compound Level Rate: 4.69%	<u>FL*</u> - Year 1: 5.45% - Year 2+: 4.45% - Effective ** Compound Level Rate: 4.59%
10 Years Fixed	<u>All Other</u> - Year 1: 6.80% - Year 2+: 5.80% - Effective ** Compound Level Rate: 4.75%	<u>FL*</u> - Year 1: 6.65% - Year 2+: 5.65% - Effective ** Compound Level Rate: 4.65%	<u>All Other</u> - Year 1: 5.65% - Year 2+: 4.65% - Effective ** Compound Level Rate: 4.75%	<u>FL*</u> - Year 1: 5.55% - Year 2+: 4.55% - Effective ** Compound Level Rate: 4.65%
20 Years Fixed	<u>All Other</u> - Years 1-5: 5.65% - Years 6-10: 6.65% - Years 11-15: 8.65% - Years 16-20: 9.65% - Effective ** Compound Level Rate: 4.75%	<u>FL*</u> - Years 1-5: 5.40% - Years 6-10: 6.40% - Years 11-15: 8.40% - Years 16-20: 9.40% - Effective ** Compound Level Rate: 4.65%	<u>All Other</u> - Years 1-5: 4.00% - Years 6-10: 4.50% - Years 11-15: 5.00% - Years 16-20: 5.50% - Effective ** Compound Level Rate: 4.75%	<u>FL*</u> - Years 1-5: 3.90% - Years 6-10: 4.40% - Years 11-15: 4.90% - Years 16-20: 5.40% - Effective ** Compound Level Rate: 4.65%
Riders				
Optional Riders and cost	Death Benefit Feature: 0.25% interest reduction		Preferred 10% Free Withdrawal: 0.15% interest reduction Death Benefit Feature: 0.25% interest reduction Accumulated Interest Withdrawal: 0.05% interest reduction	

All Owners age 86-90 are required to purchase the Death Benefit Rider in all states except Florida.
 * All Florida contracts are required to issue with the Death Benefit Feature, which is priced into the rates.
 Nursing Home Rider/Terminal Illness Rider Not Available in Florida and Pennsylvania.

** Rounded to second decimal place
 Interest rates as of September 13, 2022 and are subject to change without notice.
 Quoted rates may vary due to state regulations and taxes.
 Products, features, and riders may not be available in all jurisdictions.
 Refer to the policy for all terms and conditions.

	SAFE ANCHOR (Compound Interest)	GUARANTEED INCOME ANNUITY	INCOME NAVIGATOR
Premium Bonus	NA	GLWB Rider: 8%*** Legacy Rider: 10% for issue ages under 71 5% for issue ages 71-80 3% for issue ages 81-85 Accum Rider: 10% for issue ages under 71 8% for issue ages 71-80 6% for issue ages 81-85	Base Contract: 7.00% With Income Rider: 5.00%
Interest Rate Guarantees			
1st Year Fixed Rate	All Other: 2.70% FL: 2.60%	1.00% (with subsequent purchase premium)	1.50%
Current Rate Guarantee	5 Yr	2 Yrs	1 Yr
Other Guarantees	NA	NA	NA
Indexing			
Index/Benchmark	S&P 500®	LIBOR	S&P 500®
Trigger Rate	NA	NA	NA
Participation Rates	100%	65%	100%
Caps	Annual Point-to-Point: 4.10% Monthly Averaging: 4.20% Monthly Sum: 1.75%	NA	Annual Point-to-Point Cap: 2.50% Monthly Averaging Cap: 2.50% Daily Averaging Cap: 2.50% Monthly Sum Cap: 1.30%
Riders			
Optional Riders and Cost	Required Minimum Distribution: 0.16% fee Preferred 10% Free Withdrawal: 0.15% fee Death Benefit Feature: 0.25% fee* Accumulated Interest Withdrawal: 0.05% fee	GLWB Rider: 1.25% fee years 1-5 1.60% fee years 6-10 Legacy Benefit Rider: 1.25% fee years 1-5 1.60% fee years 6-10 Accumulation Rider: No fee	Income Rider: 1.50% fee

*All Florida contracts are required to issue with the Death Benefit Feature, which is priced into the rates.

***Credits to the Income Account only.

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All Guarantees are based on the claims-paying ability of Atlantic Coast Life Insurance Company.

ACCUMULATION PROTECTOR PLUSSM ANNUITY

Premium Bonus

Base Contract: 5%
With Rate Enhancement Rider: 5%

Interest Rate Guarantees

	No Rider	Rate Enhancement Rider
1st Year Fixed Rate	4.00%	4.95%
Current Rate Guarantee	1 Yr	1 Yr
Other Guarantees	<p>****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.</p> <p>*****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.</p>	

Indexing

Index/Benchmark	S&P 500 [®] , Credit Suisse Momentum Index, and Credit Suisse ESG Macro 5 Index	
	No Rider	Rate Enhancement Rider
Trigger Rate	Credit Suisse Momentum Index 1 Year with Trigger Rate	
	7.25%	9.25%
Participation Rates	Credit Suisse Momentum Index 1 Year Point-to-Point with Participation Rate****	
	182.50%	222%
	Credit Suisse Momentum Index 2 Year Point-to-Point with Participation Rate****	
	270%	326%
	Credit Suisse Momentum Index 3 Year Point-to-Point with Participation Rate	
	365%	455%
	Credit Suisse ESG Macro 5 Index 1 Year Point-to-Point with Participation Rate*****	
182.50%	222%	
Credit Suisse ESG Macro 5 Index 2 Year Point-to-Point with Participation Rate*****		
270%	326%	
Credit Suisse ESG Macro 5 Index 3 Year Point-to-Point with Participation Rate		
365%	455%	
Caps	S&P 500 [®] 1 Year Point-to-Point with Participation Rate	
	40%	50%
	S&P 500 [®] 2 Year Point-to-Point with Participation Rate	
55%	70%	
S&P 500 [®] 1 Year Point-to-Point with Cap Rate		
7.25%	9.50%	

Riders

Optional Riders and Cost

Rate Enhancement Rider: 0.95% fee

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