

SECURITIES AND EXCHANGE COMMISSION

FORM 497

Definitive materials filed under paragraph (a), (b), (c), (d), (e) or (f) of Securities Act Rule 497

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FILER

VARIABLE ANNUITY ACCT C OF AETNA LIFE INSURANCE & ANNUITY CO

CIK: **103007** | State of Incorpor.: **CT** | Fiscal Year End: **1231**
Type: **497** | Act: **33** | File No.: **033-75990** | Film No.: **96687684**

Mailing Address	Business Address
<i>C/O AETNA LIFE & CASUALTY</i>	<i>151 FARMINGTON AVE</i>
<i>151 FARMINGTON AVE</i>	<i>HARTFORD CT 06156</i>
<i>HARTFORD CT 06156</i>	<i>2032734808</i>

[AETNA LOGO]

151 Farmington Avenue
Hartford, CT 06156

Josepha M. Summa
Contract & Prospectus Unit
Group Products
TS41
(860) 273-6715
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December 30, 1996

Securities and Exchange Commission
Division of Investment Management
Office of Insurance Products
450 Fifth Street, N. W.
Washington, DC 20549

RE: Aetna Life Insurance and Annuity Company
File No: 33-75990

Ladies and Gentlemen:

Accompanying this letter for filing pursuant to Rule 497(e) under the Securities Act of 1933, is a sticker to the Prospectus dated May 1, 1996 for the above referenced Registrant.

If you have any questions or comments, please feel free to contact the undersigned.

Sincerely,

/S/ Josepha M. Summa

Josepha M. Summa

Variable Annuity Account B/Variable Annuity Account C
Aetna Life Insurance and Annuity Company

Supplement dated January 1, 1997, to Prospectus dated May 1, 1996

This information supplements your current Prospectus and should be read and retained with that Prospectus.

The Small Business Job Protection Act of 1996 (the "Act"), signed into law on

August 20, 1996, has several effects on the Contracts described by this Prospectus; these are summarized below.

[bullet] Repeal of Death Benefit Exclusion

While payments received by your beneficiaries after your death are generally taxed in the same manner as if you had received those payments, a limited death benefit exclusion may have applied for payments due to deaths occurring on or before August 20, 1996. This exclusion no longer applies to payments due to deaths occurring after August 20, 1996.

[bullet] Minimum Distribution Requirements

Prior to August 20, 1996, the Internal Revenue Code required distributions to be made from certain plans by April 1 of the calendar year following the calendar year in which you attain age 70 1/2. As of January 1, 1997, distributions for qualified plan participants, other than five-percent owners, and for all Section 457 plans, must begin by April 1 of the calendar year following the year in which you attain age 70 1/2 or retire, whichever occurs later.

[bullet] Section 457 Plan Trust Requirements

Under the Act, Section 457 Plans sponsored by state or local governments will be required to hold all assets and income in trust (or a custodial account or an annuity contract) for the exclusive benefit of participants and their beneficiaries. Section 457 Plans that were in existence on August 20, 1996 are allowed until January 1, 1999 to meet this requirement. Until such time as a state or local government-sponsored Section 457 Plan meets the Act's trust requirement, all amounts of compensation deferred under the plan, all property and rights purchased with such amounts, and all income attributable to such amounts, property or rights remain solely the property and rights of the employer (without being restricted to the provision of benefits under the plan) subject only to the claims of the employer's general creditors.

[bullet] Revocability of Options

Formerly, Section 457 Plan participant pay out elections were required to be irrevocable. The Act permits a second election by participants to defer the commencement of pay out distributions. This second election must be mailed prior to the time that distributions have commenced.

[bullet] Limits on Purchase Payments Excludable from Income

Effective January 1, 1997, the maximum limit on annual Purchase Payments

which may be excluded from your gross income under a Section 457 Plan is generally the lesser of \$7,500, as adjusted to reflect the cost of living, or 33 1/3% of your includible compensation (25% of gross compensation).