

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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NATIONWIDE LIFE & ANNUITY VA SEPARATE ACCOUNT A /OH/

CIK: **835765** | IRS No.: **311000740** | State of Incorporation: **OH** | Fiscal Year End: **1231**
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Mailing Address
*FINANCIAL HORIZONS LIFE
INSURANCE CO
ONE NATIONNwide PLAZA
COLUMBUS OH 43216*

Business Address
*FINANCILA HORIZONS LIFE
INSURANCE CO
ONE NATIONWIDE PLAZA
COLUMBUS OH 43216
614-249-71*

SUPPLEMENT DATED JANUARY 1, 1997 TO
PROSPECTUS DATED MAY 1, 1996

INDIVIDUAL DEFERRED VARIABLE ANNUITY CONTRACTS

ISSUED BY

NATIONWIDE LIFE AND ANNUITY INSURANCE COMPANY

THROUGH ITS

NATIONWIDE VA SEPARATE ACCOUNT-A

This Supplement updates certain information contained in your Prospectus. Please read it and keep it with your Prospectus for future reference.

Effective January 1, 1997, Twentieth Century Mutual Funds will change its name to American Century(SM) Investments. Additionally, Twentieth Century Companies, Inc. will change its name to American Century Companies, Inc. Finally, the management company for American Century(SM) Investments, Investors Research Corporation, will change its name to American Century Investment Management, Inc. Accordingly, please note the following amendments to your Prospectus:

1. Reference to TCI PORTFOLIOS, INC., AN AFFILIATE OF TWENTIETH CENTURY COMPANIES, INC. located on page 1 of the Prospectus is hereby amended to read as follows:

TCI PORTFOLIOS, INC., AN AFFILIATE OF AMERICAN CENTURY COMPANIES, INC.

2. Reference to TCI PORTFOLIOS, INC., AN AFFILIATE OF TWENTIETH CENTURY COMPANIES, INC. in the Table of Contents located on page 4 of the Prospectus is hereby amended to read as follows:

TCI PORTFOLIOS, INC., A MEMBER OF AMERICAN CENTURY(SM) INVESTMENTS

3. The sub-section entitled TCI PORTFOLIOS, INC., AN AFFILIATE OF TWENTIETH CENTURY COMPANIES, INC. located on page 12 of the Prospectus is hereby deleted in its entirety and replaced with the following:

TCI PORTFOLIOS, INC., A MEMBER OF AMERICAN CENTURY(SM) INVESTMENTS

TCI Portfolios, Inc. was organized as a Maryland corporation in 1987. It is a diversified, open-end management company, designed only to provide investment vehicles for variable annuity and variable life insurance products of insurance companies. A member of American

Century(SM) Investments, TCI Portfolios, Inc. is managed by American Century Investment Management, Inc.