

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 ING LIFE INSURANCE & ANNUITY CO

CIK: [103007](#) | IRS No.: **710294708** | State of Incorporation: **CT** | Fiscal Year End: **1231**
Type: **497** | Act: **33** | File No.: [033-75988](#) | Film No.: **13851931**

Mailing Address
*ONE ORANGE WAY
WINDSOR CT 06095-4774*

Business Address
*ONE ORANGE WAY
WINDSOR CT 06095-4774
860-580-2851*

ING Life Insurance and Annuity Company

and its

Variable Annuity Account C

ING PENSION IRA FOR 1984 CONTRACTS (PROSPECTUS NO. PRO.75992-13)

and

ING PENSION IRA FOR 1992, 1994 AND 2004 CONTRACTS (PROSPECTUS
NO. PRO.75988-13)

Supplement Dated May 16, 2013 to the Contract Prospectus and Statement of Additional Information, each dated May 1, 2013

This supplement updates and amends certain information contained in your variable annuity Contract Prospectus and Statement of Additional Information ("SAI"). Please read it carefully and keep it with your Contract Prospectus and SAI for future reference.

IMPORTANT INFORMATION ABOUT THE COMPANY

The first three paragraphs of both THE COMPANY section of the Contract Prospectus and the GENERAL INFORMATION AND HISTORY section of the SAI are deleted and replaced with the following:

ING Life Insurance and Annuity Company (the "Company," "we," "us," "our") issues the contracts described in the prospectus and is responsible for providing each contract's insurance and annuity benefits. All guarantees and benefits provided under the contracts that are not related to the separate account are subject to the claims paying ability of the Company and our general account.

We are a stock life insurance company organized under the insurance laws of the State of Connecticut in 1976 and, until May 7, 2013, we were an indirect wholly owned subsidiary of ING Groep N.V. ("ING"), a global financial institution active in the fields of insurance, banking and asset management. Prior to January 1, 2002, the Company was known as Aetna Life Insurance and Annuity Company.

Pursuant to an agreement with the European Commission ("EC"), ING has agreed to divest itself of ING U.S., Inc. and its subsidiaries, including the Company (collectively "ING U.S."), which constitutes ING's U.S.-based retirement, investment management and insurance operations. To effect this divestment, on May 7, 2013, ING completed an initial public offering ("IPO") of the common stock of ING U.S. While ING is currently the majority shareholder of the common stock of ING U.S., pursuant to the agreement with the EC mentioned above ING is required to divest itself of at least 25% of ING U.S. by the end of 2013, more than 50% by the end of 2014 and 100% by the end of 2016.

