

Nationwide Secure GrowthsM Fixed Annuity

Nationwide Life Insurance Company Nationwide Life and Annuity Insurance Company

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1. Disclosure Summary

Nationwide Life Insurance Company ("Nationwide") thanks you for your interest in the Nationwide Secure GrowthSM Fixed Annuity ("Nationwide Secure Growth"). This disclosure summary reviews the features of Nationwide Secure Growth and is not intended to be a full description of the fixed annuity. For a complete explanation of the terms, refer to the Nationwide Secure Growth brochure and your contract package, once received, including the contract and any attached riders and/or endorsements. Your signature is required at the bottom of page 5 of this summary to let Nationwide know that you have read this summary and understand the fixed annuity you are purchasing.

This product is designed and intended for a long term investment strategy and has limitations and restrictions, such as (1) contingent deferred sales charges ("CDSC")¹ and (2) if applicable (if elected), a Market Value Adjustment ("MVA")², both of which would apply during the CDSC period and are discussed further in this disclosure summary.

What is Nationwide Secure Growth?

Nationwide Secure Growth is a single purchase payment deferred fixed annuity³ designed for principal preservation and the opportunity for long-term accumulation of your retirement savings. Nationwide Secure Growth is issued by Nationwide Life Insurance Company.

Are there purchase payment limits?

A minimum purchase payment of \$10,000 is required for both qualified and non-qualified contracts. Once the initial purchase payment is made, no additional purchase payments can be added to the contract. Purchase payments may not exceed \$1,000,000, including total cumulative purchase payments under the contract and any other annuity contracts issued by Nationwide, without Nationwide's prior approval and acceptance.

How is interest credited to my contract?

Your contract is credited with interest at a fixed interest rate, also referred to as the Annualized Interest Rate. The interest rate is an annualized rate - the effective yield of interest over a one-year period. Interest is credited to the contract on a daily basis. As a result, the credited interest rate is compounded daily to achieve the stated effective yield.

The Annualized Interest Rate(s) is guaranteed with respect to the purchase payment, from the date such purchase payment is received by Nationwide, for the applicable initial Interest Rate Guarantee Period(s). One or more initial Interest Rate Guarantee Periods may be available to you at the time of application, ranging from a one-year period up to the length of the CDSC period. Amounts allocated to a one-year period will have a guaranteed term of one year, and if available, amounts allocated to a three-year period will have a guaranteed term of three years, and so on. You will elect one or more initial Interest Rate Guarantee Period(s) as available on the application. After expiration of the initial Interest Rate Guarantee Period(s), subsequent Interest Rate Guarantee Periods will be one year in duration, and a new Annualized Interest Rate will be declared for each subsequent Interest Rate Guarantee Period.

Interest rates change periodically and are determined at the sole discretion of Nationwide. However, Annualized Interest Rates are guaranteed during the applicable Interest Rate Guarantee Period(s), and Annualized Interest Rates will not be less than the Guaranteed Minimum Annualized Interest Rate, which is guaranteed for the life of the contract. Refer to the applicable Nationwide Secure Growth rate sheet for current rates available to you.

What if I need to withdraw all or some of my money from my contract?

Should the need arise, you are always entitled to access your money by sending Nationwide a written request. However, substantial penalties may apply to a partial withdrawal or full surrender during the CDSC period.

Your withdrawals may be subject to taxes (including a 10% early withdrawal federal tax penalty if you are under age 59½) and, if made during your CDSC period, may be subject to a CDSC, and an MVA, if applicable.

¹In CA, CDSC is called a surrender charge.

² The MVA is an option available for election with Nationwide Secure Growth contracts and is not available in all states. All references in this disclosure summary to an MVA, if applicable, mean that the MVA will only apply is elected with your contract.

³ Annuities are not insured by the FDIC or any federal government agency; deposits of or guaranteed by any bank or credit union, or a provision or condition of any bank or credit union activity. Some annuities involve investment risk and may lose value.

1. Disclosure Summary Continued

During the CDSC period, a CDSC is applied at the time of the partial withdrawal or full surrender and is calculated by multiplying the applicable percentage shown in the CDSC schedule below by the amounts withdrawn in a given contract year in excess of the available free withdrawal amount.

Completed Contract Years	0	1	2	3	4	5	6	7+
CDSC Percentage	8%	8%	7%	6%	5%	4%	3%	0%

If you decide to surrender your contract, Nationwide will pay you the contract's surrender value. If you surrender the contract before the end of the CDSC period, you may receive less than your original purchase payment. The surrender value is equal to the greater of: 1) the contract value less the sum of any applicable CDSC and premium taxes, plus any applicable MVA; or 2) the Minimum Guaranteed Contract Value.

The Minimum Guaranteed Contract Value is the minimum value that Nationwide is obligated to provide you upon full surrender of the contract, or upon payment of the death benefit, in accordance with state law.

Are there any conditions under which CDSC is waived?

CDSC, and MVA if applicable, will not apply to the following withdrawals:

- Free withdrawals: You have access to a portion of the money in your fixed annuity, called free withdrawals, without
 incurring CDSC, and MVA if applicable. During your CDSC period, your free withdrawal amount for each contract year
 is 10% of the contract value on the first day of the contract year. The free withdrawal amount for each contract year
 is non-cumulative.
- Required Minimum Distribution ("RMD"): If you have a qualified contract, Required Minimum Distributions attributable
 to your contract will be calculated under Internal Revenue Code Sections 401, 403, 408, 408A, 457 and current
 IRS rules regarding minimum distributions. If the RMD amount for this contract is greater than the free withdrawal
 amount, Nationwide will increase the free withdrawal amount for that contract year to equal the RMD amount.
- Long-term care and terminal illness or injury⁴ events: For a long-term care event or terminal illness or injury event, Nationwide will increase the remaining free withdrawal amount so that all withdrawals after the occurrence of the event are free withdrawals (no CDSC or MVA applies).

To qualify, the contract owner, and joint owner if applicable, must be no older than 80 on the contract issue date. A long-term care event requires that the first contract anniversary has passed and the contract owner (or annuitant if the contract owner is not a natural person) has been confined to a long-term care facility or hospital for a continuous 90-day period that began after the date the contract was issued. A terminal illness or injury event requires that the first contract anniversary has passed and the contract owner (or annuitant if the contract owner is not a natural person) must be diagnosed after the date the contract was issued by a physician who certifies that the contract owner is expected to live less than twelve months from the diagnosis.

Long-term care and terminal illness or injury events are not available in all states, and the eligibility requirements for these withdrawal benefits may vary by state. See your contract for additional information and conditions for these benefits.

• In addition, no CDSC, or MVA if applicable, will be charged on: payment of the death benefit, amounts applied to any annuity payment option, or for certain contract exchanges.

It is important to note that amounts withdrawn in excess of these amounts are subject to CDSC, and MVA if applicable.

What options are available for election with my contract?

Nationwide Secure Growth offers several options that are available for election with your contract. These options cannot be added to the contract after the date of issue, and election of any option(s) is irrevocable. Various combinations of options are permitted; however, it is important to note that, if the MVA is available in your state, the Return of Purchase Payment Guarantee Option may not be elected in combination with the Market Value Adjustment.

In addition, Annualized Interest Rates (as described in How is interest credited to my contract? section above) may be impacted based on the option(s) elected. Annualized Interest Rates are declared periodically and are determined at the sole discretion of Nationwide. Nationwide guarantees that the Annualized Interest Rates will not be less than the Guaranteed Minimum Annualized Interest Rate for your contract. Refer to the applicable Nationwide Secure Growth rate sheet for current rates available to you.

⁴ Long-term care may also be referred to as confinement in select states

1. Disclosure Summary Continued

The following options are available for election at contract issuance:

Return of Purchase Payment Guarantee Option

If elected, the Return of Purchase Payment Guarantee Option provides that upon a full surrender of the contract, the contract owner is guaranteed to receive at least the purchase payment made into the contract, less any previous partial withdrawals. In effect, this means that for a full surrender of the contract, the CDSC taken will never be greater than the total amount of interest that has been credited to the contract.

• Market Value Adjustment ("MVA")

In select states where available, and if elected, an MVA may adjust the withdrawal amount payable, up or down, depending upon the interest rate conditions at the time of the applicable withdrawal as compared to interest rate conditions at the time your contract was issued. In general, the movement of interest rates, an increase or decrease over the given time period, will have an inverse impact on the withdrawal amount payable to you.

Upon issuance of a Nationwide Secure Growth contract, Nationwide faces the risk that contract owners may choose to withdraw money from the contract at times when the market value of investments backing the annuity contract is low. The MVA allows you to share some of that risk, and in return, Nationwide may be able to offer you more favorable Annualized Interest Rates relative to a contract issued without an MVA.

The MVA is an adjustment (positive or negative) that may be applied to the contract if you make a partial withdrawal or full surrender of your contract value before the end of the CDSC period. An MVA will not apply under scenarios where CDSC does not apply (See the Are there any conditions under which CDSC is waived? section above). When an MVA applies, it will be based on the portion of a withdrawal or full surrender that is greater than the remaining free withdrawal amount. Subject to several limits, the calculation for the MVA will depend on the change in the yield of the Bloomberg Barclays U.S. Corporate Index between the date of the withdrawal or full surrender and the date your contract was issued.

The MVA may be positive, negative, or zero. If the MVA is negative, it would decrease the amount that you receive when you take a withdrawal or surrender. Conversely, if the MVA is positive, it would increase the amount you receive.

5-Year CDSC Option

If elected, the 5-Year CDSC Option replaces the contract's standard seven-year CDSC schedule identified under the "What if I need to withdraw all or some of my money from my contract?" section above with a five-year CDSC schedule, and any reference herein to the applicable CDSC period would be based on this reduced time period. The five-year CDSC schedule is as follows:

Completed Contract Years	0	1	2	3	4	5+
CDSC Percentage	8%	8%	7%	6%	5%	0%

When will my contract annuitize?

The annuity commencement date is the date on which annuity payments are scheduled to begin. Generally, you, the contract owner, designate the annuity commencement date at the time of application. If no annuity commencement date is designated at the time of application, Nationwide will establish the annuity commencement date as the date the annuitant reaches age 95. The contract owner may change the annuity commencement date prior to annuitization, provided the change request is submitted in writing and approved by Nationwide, and the new annuity commencement date is not later than the first day of the first calendar month after the annuitant's 95th birthday unless approved by Nationwide. The annuity commencement date must be at least two years after the date of issue of the contract. Generally, Nationwide will not initiate annuitization unless specifically directed to do so.

The annuitization date is the date that annuity payments begin, and annuitization is irrevocable once payments have begun. Annuity payments will be based upon the annuity payment option chosen prior to annuitization, and the annuity payment option may not be changed once payments have begun. No CDSC (or MVA, if applicable) is applicable upon annuitization. In addition, you no longer will have access to any additional withdrawals.

Generally, the following annuity payment options are available under the contracts:

- · Single Life Annuity
- Single Life Annuity with 120 Monthly Payments Guaranteed
- · Any other option, subject to approval by both Nationwide and the contract owner

⁵ Requirements may vary by state. See your contract for additional information and conditions related to the annuity commencement date. ⁶ Annuity payment options available may be limited based on the age of the annuitant, withdrawals required by the Internal Revenue Code, or for large size annuity contracts. See your contract for additional information.

1. Disclosure Summary Continued

What happens if the annuitant dies while the contract is still in effect?

In general, if you are the sole owner and annuitant, upon your death the beneficiaries named on your contract will be entitled to the death benefit. The death benefit payable is equal to the contract value.

Are there any tax consequences if I surrender my contract?

Nationwide Secure Growth offers the opportunity for your money to grow on a tax-deferred basis. Thus, any taxes payable on the earnings or interest credited to your contract are deferred until you take withdrawals or surrender your contract. If you take withdrawals or surrender you may be subject to federal and state income taxes. In addition to income tax, you may be subject to a 10% early withdrawal federal tax penalty if you take withdrawals or surrender your fixed annuity contract before age 59½. Please consult your qualified tax advisor or attorney regarding the applicability of this information to your specific situation. Neither Nationwide nor its insurance professionals offer legal or tax advice.

What other important information regarding CDSC and tax benefits should I know?

If this fixed annuity is being purchased to replace an existing life insurance policy or annuity contract, you should compare the two products carefully. You should consider any CDSC that may be incurred on the surrender of the existing policy or contract. You should also consider that you will begin a new CDSC period when you purchase your Nationwide Secure Growth contract. The aspect of tax-deferred accumulation offers no additional value if the fixed annuity is used to fund an IRA or employer sponsored qualified plan (such as a 401(k) plan), because such plans already benefit from tax deferral. Also, you should realize that if the owner of the fixed annuity contract is not a natural person (such as certain types of trusts), the earnings credited to the contract may be subject to current taxation.

What if I decide I do not want my fixed annuity contract after it is delivered?

It's important to understand the benefits and limitations of your contract. The contract includes a free look period that gives you a set number of days to review the fixed annuity after you buy it, during which you may return the contract and receive your purchase payment back. Please contact Nationwide to obtain the free-look period for your issue state.

How is my insurance or investment professional compensated?

Nationwide pays the agent for selling this fixed annuity to you. The commission is not deducted from the purchase payment you invest, but it is a cost to Nationwide that is factored into the financial terms and conditions of the contract.

2. Signature(s) (required)

Return this page with the applicant's original signature to the Home Office and leave a copy of the entire disclosure summary (pages 1-4) with the applicant.

Applicant acknowledgment

Contract Owner/Applicant:

Insurance or Investment Professional Number: _

By signing below, I acknowledge that I have received and read, or have been read, the Nationwide Secure GrowthSM Fixed Annuity disclosure summary in its entirety, pages 1 through 4, and understand its contents. I have also received and reviewed the applicable Nationwide Secure Growth rate sheet.

I acknowledge that I have discussed my financial status, tax status, current insurance products and investments (including my investments' objectives) with my insurance or investment professional and believe that Nationwide Secure Growth meets my financial objectives.

The Nationwide Secure Growth marketing materials and any additional materials used in connection with the sale of this fixed annuity have been made available to me.

Other than the Minimum Guaranteed Contract Value guarantee, the Return of Purchase Payment Guarantee Option if elected, and any associated rate guarantees for Nationwide Secure Growth, there are no guarantees, promises, or warranties.

Nationwide may change the contract to comply with federal or state laws and regulations. If a change occurs, Nationwide will notify me in writing.

Any illustrated values shown to me are not guarantees, promises, or warranties.

All contractual guarantees are backed by Nationwide and are subject to Nationwide's claims paying ability.

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SSN (required): __

Date:

Name (please print):	Phone:			
Signature:	Date:			
Joint Owner/Applicant (if applicable):	SSN (required):			
Name (please print):	Phone:			
Signature:	Date:			
Insurance or Investment Professional Confirmation				
By signing below, I acknowledge that I have reviewed this disclothis summary has been provided to the applicant. I have not masummary and no promises or assurances have been made about fixed annuity.	ade any statements that differ from what is stated in this			
Insurance or Investment Professional:				
Name (please print):				
Signature:				

3. Disclosure

Not a deposit • Not FDIC or NCUSIF insured • Not guaranteed by the institution • Not insured by any federal government agency • May lose value

Fixed annuities are contracts purchased from a life insurance company. They are designed for long-term retirement goals. Withdrawals are subject to income tax, and withdrawals before age 59½ may be subject to a 10% early withdrawal federal tax penalty.

Nationwide offers a variety of annuity products through various distribution arrangements. Product features and rates may vary. Visit nationwide.com for more information on current product offerings.

Neither Barclays Bank PLC, Barclays Capital Inc. nor any affiliate (collectively "Barclays") nor Bloomberg is the issuer or producer of Nationwide Secure GrowthSM ("Nationwide Secure Growth") and neither Bloomberg nor Barclays has any responsibilities, obligations or duties to purchasers in Nationwide Secure Growth. The Bloomberg Barclays U.S. Corporate Index is a trademark owned by Barclays Bank PLC and licensed for use by Nationwide Life Insurance Company ("Nationwide") as the Issuer of Nationwide Secure Growth. The only relationship of Bloomberg and Barclays with the Issuer in respect of Bloomberg Barclays U.S. Corporate Index is the licensing of the Bloomberg Barclays U.S. Corporate Index, which is determined, composed and calculated by BISL, or any successor thereto without regard to the Issuer of Nationwide Secure Growth or the owners of Nationwide Secure Growth. Additionally, Nationwide may for itself execute transaction(s) with Barclays in or relating to the Bloomberg Barclays U.S. Corporate Index in connection with Nationwide Secure Growth. Purchasers acquire Nationwide Secure Growth from Nationwide and purchasers neither acquire any interest in Bloomberg Barclays U.S. Corporate Index nor enter into any relationship of any kind whatsoever with Bloomberg or Barclays upon making a purchase in Nationwide Secure Growth.

Nationwide Secure Growth is not sponsored, endorsed, sold or promoted by Bloomberg or Barclays. Neither Bloomberg nor Barclays makes any representation or warranty, express or implied regarding the advisability of purchase of Nationwide Secure Growth or the advisability of purchasing in securities generally or the ability of the Bloomberg Barclays U.S. Corporate Index to track corresponding or relative market performance. Neither Bloomberg nor Barclays has not passed on the legality or suitability of Nationwide Secure Growth with respect to any person or entity. Neither Bloomberg nor Barclays is responsible for or has participated in the determination of the timing of, prices at, or quantities of Nationwide Secure Growth to be issued. Neither Bloomberg nor Barclays has any obligation to take the needs of the Issuer or the owners of Nationwide Secure Growth or any other third party into consideration in determining, composing or calculating the Bloomberg Barclays U.S. Corporate Index. Neither Bloomberg nor Barclays has any obligation or liability in connection with administration or trading of Nationwide Secure Growth.

Nationwide Secure Growth is a modified single purchase payment, deferred, fixed interest annuity and is issued by Nationwide Life Insurance Company, Columbus, Ohio.

(10/2019)