

Supplement to MainSail Prospectus
Supplement dated September 8, 2011
to Prospectus dated May 1, 1998 as supplemented

*Effective September 14, 2011, the following updates are made to your
Mainsail Variable Annuity Prospectus and any prior supplements*

The disclosure set forth below replaces the information under the heading “Definitions” found in the prospectus and any prior supplements.

Home Office – The principal office of Symetra Life Insurance Company located at 777 108th Ave NE, Suite 1200, Bellevue, Washington 98004. All communications to Symetra Life Insurance Company should be directed as listed under Inquiries.

The disclosure set forth below is added under the heading “Definitions” found in the prospectus and any prior supplements.

Inquiries - All inquiries should be directed as follows:

**For all transactions, general correspondence or
if you need more information, please contact us
at:**

Symetra Life Insurance Company
PO Box 305156
Nashville, TN 37230-5156

By Phone:
1-800-796-3872

For Overnight Mail:

Symetra Life Insurance Company
100 Centerview Drive, Suite 100
Nashville, TN 37214-3439

On the Internet:
<http://www.symetra.com>