

**Supplement to Spinnaker Plus Variable Annuity  
Statement of Additional Information  
dated December 1, 2004 as supplemented**

**Supplement dated September 8, 2011**

Effective September 14, 2011, for a copy of the prospectus please call 1-800-796-3872, or write to us at the Symetra Life Insurance Company, PO Box 305156, Nashville, TN 37230-5156.