

**Supplement to Spinnaker Plus Prospectus  
dated December 1, 2004 as supplemented**

**Supplement dated September 8, 2011**

*Effective September 14, 2011, the disclosure set forth below replaces the information under the section titled  
Inquiries found on page 3 of the prospectus.*

**INQUIRIES**

If you need more information, please contact us at the following:

**By Phone:**

1-800-796-3872

**On the Internet:**

<http://www.symetra.com>

**For general correspondence, all written communications, including making additional  
Purchase Payments, and other transactional inquiries, please contact us at:**

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

**For Overnight Mail:**

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