

**Supplement to the May 1, 2011 Prospectus, as supplemented,  
for the following products:**

**Spinnaker Variable Annuity  
Spinnaker Advisor Variable Annuity**

**Supplement dated September 8, 2011**

*The disclosure set forth below replaces the information under the heading “Defined Terms” found in the prospectus.*

**Home Office** Symetra Life’s principal place of business located at 777 108<sup>th</sup> Ave NE, Suite 1200, Bellevue, Washington 98004. All communications to Symetra Life should be directed as listed under Inquiries on page 7.

*Effective September 14, 2011, the disclosure set forth below replaces the information under the section titled Inquiries found on page 7 of the prospectus.*

**INQUIRIES**

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

**New Business:** For applications and initial Purchase Payments, please contact us at:

Symetra Life Insurance Company  
PO Box 305154  
Nashville, TN 37230-5154

**Account Maintenance:** For general correspondence, all written communications, including 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

**By Phone:** 1-800-796-3872

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