

AMERUS GROUP CO/IA
Form 4
March 01, 2005

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
CUSHING BRENDA J

2. Issuer Name and Ticker or Trading Symbol
AMERUS GROUP CO/IA [AMH]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
699 WALNUT STREET, SUITE 2000

3. Date of Earliest Transaction (Month/Day/Year)
02/25/2005

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
SVP & Controller

(Street)
DES MOINES, IA 50309

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	02/25/2005	02/25/2005	M		785.71 (1)	A	\$ 21 3,444.71 D
Common Stock	02/25/2005	02/25/2005	M		371.03 (1)	A	\$ 39.08 3,815.74 D
Common Stock	02/25/2005	02/25/2005	M		1,791.2 (1)	A	\$ 39.08 5,606.94 D
Common Stock	02/25/2005	02/25/2005	D		89.83 (1) (2)	D	\$ 47.2 5,517.11 D
Common Stock	02/25/2005	02/25/2005	F		894.79 (1) (3)	D	\$ 47.2 4,622.32 D

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Common Stock	02/25/2005	02/25/2005	D	0.32 ⁽¹⁾ _ (4)	D	\$ 47.2	4,622	D	
Common Stock							671.75	I	By 401 (K) Plan

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares	
					V (A) (D)	Date Exercisable	Expiration Date	Title	
Performance Rights ⁽¹⁾	\$ 21	02/25/2005	02/25/2005	M	785.71	(5)	(5)	Common Stock	785.71 (6)
Performance Rights ⁽¹⁾	\$ 39.08	02/25/2005	02/25/2005	M	371.03	(5)	(5)	Common Stock	371.03 (6)
Performance Rights ⁽¹⁾	\$ 39.08	02/25/2005	02/25/2005	M	1,791.2	(5)	(5)	Common Stock	1,791.2 (6)

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
CUSHING BRENDA J 699 WALNUT STREET SUITE 2000 DES MOINES, IA 50309	SVP & Controller

Signatures

/s/ Jeananne M. Celander, attorney-in-fact for Ms. Cushing

03/01/2005

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) The Company's Management Incentive Plan (MIP), an employee plan exempt under Section 16b-3, provides that employees participating in the plan are eligible to defer a portion of their annual bonus to purchase phantom stock units at a price per unit equal to the fair market value (FMV) of the Company's common stock on the date of purchase. The company will match a specified percentage of the phantom stock units purchased pursuant to the deferral program. Upon vesting, the Company will issue the underlying common stock.

(2) Units retained by the Company to satisfy cash deferral directly into the Company's 401 (K) Plan on the behalf of the reportee.

(3) Units retained by the Company to satisfy tax payment due to the IRS on behalf of the reportee.

(4) Cash-in-lieu of fractional share in connection with the conversion of units to underlying stock.

(5) On the third anniversary of the employee's deferral, the Company will issue the underlying common stock. Alternatively, on the third anniversary of the employee's deferral, the employee may elect to redefer the bonus units for another three year period and every three years thereafter, until the earlier of normal retirement or termination. The entire Company match is forfeited if the employee's employment terminates prior to the third anniversary of the employee's deferral.

(6) These units have vested and have been converted under the terms of the plan.

(7) Price not applicable.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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