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AMERUS GROUP CO/IA

Form 4

February 25, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

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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 may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

Stock

(Print or Type Responses)

1. Name and A	Address of Reporting LOUIS A	Sym	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) (I		ate of Earliest T	ransaction			X Director 10% Owner			
	US GROUP CO. STREET, 20TH I	, 699 02/2	23/2005				Deficer (give below)	e title Other below)	er (specify	
	(Street)	4. If	Amendment, D	ate Origina	ıl		6. Individual or Joint/Group Filing(Check			
		File	d(Month/Day/Yea	r)			Applicable Line) _X_ Form filed by One Reporting Person			
DES MOIN	ES, IA 50309						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 Dat any (Month/Day/Y	Oate, if Transaction(A Code (In V/Year) (Instr. 8)		4 and (A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock	02/23/2005	02/23/2005	Code V	Amount 800	(D)	\$ 47.06	4,800	D		
Common Stock	02/23/2005	02/23/2005	P	200	A	\$ 47.05	5,000	D		

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

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47.05

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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	2. Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transacti	5. orNumber	6. Date Exerc Expiration D		7. Title Amount		8. Price of Derivative	9. Nu Deriv
Security or Exe (Instr. 3) Price of Deriva		or Exercise Price of Derivative Security	xercise e of vative	any (Month/Day/Year)	Code (Instr. 8)	of	(Month/Day/Year) e		Underlying Securities (Instr. 3 and 4	ying ies	Security (Instr. 5)	Secur Bene Owne Follo Repo Trans (Instr
					Code V	(A) (D)	Date Exercisable	Expiration Date	Title N	Amount or Number of Shares		

Reporting Owners

Relationships Reporting Owner Name / Address

> 10% Owner Officer Other Director

HOLLAND LOUIS A C/O AMERUS GROUP CO. 699 WALNUT STREET, 20TH FLOOR DES MOINES, IA 50309

X

Signatures

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

Holland 02/25/2005

> **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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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