

AMERUS GROUP CO/IA
Form 4
May 08, 2006

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
BOAL GREGORY D

(Last) (First) (Middle)

699 WALNUT STREET, 17TH FLOOR

(Street)

DES MOINES, IA 50309

(City) (State) (Zip)

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

3. Date of Earliest Transaction (Month/Day/Year)
05/04/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

EVP & Chief Investment Officer

6. Individual or Joint/Group Filing (Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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)
				(A) or (D)	Price		
Common Stock	05/04/2006	05/04/2006	M	10,000	A \$ 27.53	21,013	D
Common Stock	05/04/2006	05/04/2006	M	9,200	A \$ 37.62	30,213	D
Common Stock	05/04/2006	05/04/2006	M	4,000	A \$ 47.03	34,213	D
Common Stock	05/04/2006	05/04/2006	F	17,486	D \$ 59.48	16,727	D
Common Stock						510.8166	I 401 (k) Plan

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

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SEC 1474
(9-02)

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)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 27.53	05/04/2006	05/04/2006	M	10,000	⁽¹⁾ 06/02/2013	Common Stock 10,000
Employee Stock Option (Right to Buy)	\$ 37.62	05/04/2006	05/04/2006	M	9,200	⁽²⁾ 02/13/2014	Common Stock 9,200
Employee Stock Option (Right to buy)	\$ 47.03	05/04/2006	05/04/2006	M	4,000	⁽³⁾ 02/11/2015	Common Stock 4,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BOAL GREGORY D 699 WALNUT STREET 17TH FLOOR DES MOINES, IA 50309			EVP & Chief Investment Officer	

Signatures

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

05/08/2006

__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) Grant of option exempt under Rule 16b-3. The option becomes exercisable in increments as follows: 5,000 on 06/02/2004; 5,000 on 06/02/2005; 5,000 on 06/02/2006; 5,000 on 06/02/2007; and 5,000 on 06/02/2008.
- (2) Grant of option exempt under Rule 16b-3. The option vests in five equal annual installments beginning on February 13, 2005.
- (3) Grant of option exempt under Rule 16b-3. The option vests in five equal annual installments beginning on February 11, 2006.

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.