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AMERUS Form 4 July 03, 20	GROUP CO/IA										
FOR	ЛЛ									APPROVAL	
	VI – UNITED	STATES			AND EX(n, D.C. 205		NGE C	OMMISSION	OMB Number:	3235-0287	7
if no lo subject Sectior Form 4 Form 5 obligat may co	to 16. or Filed pu ions Section 17	CHA	NGES II SECU 16(a) of Utility Ho	N BENEFI RITIES the Securiti	ERSHIP OF Act of 1934, 1935 or Sectio 0	Expires: January 31 2005 Estimated average burden hours per response 0.5					
(Print or Type	e Responses)										
	Address of Reporting ROGER K		Symbol		nd Ticker or '		-	5. Relationship of Issuer	f Reporting P	erson(s) to	
(Last)	(First)				DUP CO/IA Transaction	A [AN	/IH]	(Cheo	ck all applical	ole)	
× /	NUT STREET	/Day/Year) 2006				_X_ Director 10% Owner Officer (give title Other (specify below) below)					
DES MOI	(Street) NES, IA 50309			nendment, I onth/Day/Ye	Date Original ear)			6. Individual or Jo Applicable Line) _X_ Form filed by M Form filed by M Person	One Reporting	Person	
(City)	(State)	(Zip)	Tal	ble I - Non	-Derivative S	Securi	ties Aca	ired, Disposed o	f. or Benefici	allv Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution D any (Month/Day	l Pate, if	3.	4. Securities our Disposed (Instr. 3, 4 a Amount	s Acqu of (D	ired (A)	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)	
Common Stock	06/30/2006	06/30/200	6	M	89.7	A	\$ 37.16	20,161.39	I	Roger K Brooks Revocable Trust	
Common Stock	06/30/2006	06/30/200	6	М	519.21	A	\$ 25.68	20,680.6	Ι	Roger K Brooks Revocable Trust	
Common Stock	06/30/2006	06/30/200	6	М	7,934.83	А	\$ 47.26	28,615.43	I	Roger K Brooks Revocable Trust	

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Common Stock	06/30/2006	06/30/2006	F	3,512.74	D	\$ 56.6	25,102.69	Ι	Roger K Brooks Revocable Trust
Common Stock							7,159.477	Ι	By 401(k) Plan
Common Stock							9,000	Ι	By Spouse
Common Stock							5,000	I	RKB Partnership, L.P. <u>(1)</u>
Common Stock							200	D	

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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. Transactio Code (Instr. 8)			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 Number Shares
Performance Rights (2)	\$ 25.68	06/30/2006	06/30/2006	М		519.21	(3)	(3)	Common Stock	519.2
Performance Rights (2)	\$ 37.16	06/30/2006	06/30/2006	М		89.7	(3)	(3)	Common Stock	89.7
Performance Rights (MIP)	\$ 47.26	06/30/2006	06/30/2006	М		7,934.83	(3)	(3)	Common Stock	7,934.

Reporting Owners

Reporting Owner Name / Address

Relationships

10% Owner Officer Other

BROOKS ROGER K
699 WALNUT STREET
DES MOINES, IA 50309

Signatures

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

<u>**</u>Signature of Reporting Person

07/03/2006 Date

Explanation of Responses:

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

Director

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- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Reportee is a co-trustee for the Trust.

The Company's Senior Executive Incentive Plan (SEIP), 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

- (2) the plant market value (FMV) of the Company's common stock on the date of parchase. The company with match a specified percentage of the plantom stock units purchased pursuant to the deferral program. Upon vesting, the Company either will pay to the employee an amount in cash determined by multiplying the number of units times the FMV of the Company's common stock on that date or issue the underlying common stock.
- (3) On the third anniversary of the employee's deferral, the Company will issue the underlying common stock. The entire Company match is forfeited if the employee's employment terminates prior to the third anniversary of the employee's deferral.

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.