The Securities and Exchange Commission has not necessarily reviewed the information in this filing and has not determined if it is accurate and complete.

	The reader	r should not	t assume that	the information is accur	rate and complete.		
						OMB APPF	ROVAL
UNITED STATES SECURITIES AND EXCHANGE COMMISSION						OMB Number:	3235- 0006
Washington, D.C. 20549 FORM 13F						Expires:	Oct 31, 2018
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						hours per response:	23.8
Report for the Ca	llendar Year or Quart	er Ended: (06-30-2019				
Check here if An	Amendm	ent Number:					
This Amendment (Check only one.):		is a restat	ement.				
		adds new	holdings ent	ries.			
Institutional Inve	stment Manager Filiı	ng this Rep	ort:				
Name:	Symetra Financial CORP						
Address:	777 108TH AVENUE NE						
	SUITE 1200						
	BELLEVUE, WA 98004-5135						
Form 13F File Number:	028-17231						
the report is autho	prized to submit it, th	at all inform	nation contai	person by whom it is signed herein is true, correctorsidered integral parts	ct and complete, and		
Person Signing th	nis Report on Behalf	of Reportin	ng Manager:				
Name:	Melissa Pessoa	1	0 0				
Title:	AVP Finance						
Phone:	425-256-5575						
Signature, Place,	and Date of Signing:	:					
Melissa Pessoa Belle		vue, WA	08-12-2019)			
[Signa	ture] [C	ity, State]	[Date]				
Report Type (Ch							
				his reporting manager a			
manager(s).)				is report, and all holding			
	ATION REPORT. (Care reported by other			f the holdings for this re	porting manager are	reported in t	his report
	nagers Reporting for ntries in this list, omi						
Form 1 File	3F Name						

FileNameNumber028-17233Symetra Life Insurance Co