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 no		at the information is	accurate and comple	ete.	
						OMB APPROVAL	
UNITED STATES SECURITIES AND EXCHANGE COMMISSION					OMB 3235- Number: 0006		
	Washington, D.C. 20549 FORM 13F		Expires: Oct 31, 2018				
		FOI	RM 13F C0	OVER PAGE		Estimated average burden hours per 23.8	
						response:	
Report for the Ca	alendar Year or Quart	er Ended:	12-31-2019)			
Check here if Ar	Amendment Number:						
This Amendmen	is a restatement. adds new holdings entries.						
Institutional Inve	estment Manager Filin	ng this Rep	ort:				
Name:	Symetra Financial						
Address:	777 108TH AVENUE NE						
	SUITE 1200						
	BELLEVUE, WA	98004-51	35				
Form 13F File Number:	028-17231						
the report is auth		at all inform	nation con	tained herein is true,	correct and complete	present that the person signing e, and that it is understood that	
Person Signing t	his Report on Behalf	of Reportin	ng Manager	r:			
Name:	Melissa Pessoa						
Title:	AVP Finance						
Phone:	425-256-5575						
Signature, Place,	and Date of Signing	:					
Melissa Pessoa Belle		evue, WA	02-13-20)20			
[Signa	ture] [C	ity, State]	[Date	e]			
	GS REPORT. (Check						
X 13F NOTICE. manager(s).)	(Check here if no ho	oldings repo	orted are in	this report, and all h	oldings are reported	by other reporting	
	ATION REPORT. (C are reported by other				this reporting manage	er are reported in this report	
[If there are no e	nagers Reporting for ntries in this list, omi						
Form 1 File	3F Namo						

File Name Number 028-17233 Symetra Life Insurance Co