

AMERUS GROUP CO/IA
Form 4
November 15, 2006

FORM 4

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

OMB APPROVAL

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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 *
HEITZ MARK V

(Last) (First) (Middle)
**ONE AMVESTORS PLACE, 555 S.
KANSAS AVENUE**

(Street)

TOPEKA, KS 66601-2039

(City) (State) (Zip)

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

3. Date of Earliest Transaction
(Month/Day/Year)
11/15/2006

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)
President&CEO AmerUs Annuity

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 or Beneficial Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	11/15/2006	11/15/2006	D	42,847	D \$ 69 0	D	
Common Stock	11/15/2006	11/15/2006	D	10,592.42	D \$ 69 0	I	401 (k) Plan

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

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SEC 1474 (9-02)

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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 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)	
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
				Code	V (A) (D)				
Employee Stock Option (Right to Buy)	\$ 35	11/15/2006	11/15/2006	D	20,000	<u>(1)</u>	12/19/2007	Common Stock	20,000
Employee Stock Option (Right to Buy)	\$ 31.1875	11/15/2006	11/15/2006	D	18,500	<u>(1)</u>	07/31/2008	Common Stock	18,500
Employee Stock Option (Right to Buy)	\$ 20.5	11/15/2006	11/15/2006	D	20,000	<u>(1)</u>	02/17/2009	Common Stock	20,000
Employee Stock Option (Right to Buy)	\$ 20	11/15/2006	11/15/2006	D	55,000	<u>(1)</u>	02/11/2010	Common Stock	55,000
Employee Stock Option (Right to Buy)	\$ 30.05	11/15/2006	11/15/2006	D	50,000	<u>(1)</u>	02/09/2011	Common Stock	50,000
Employee Stock Option (Right to Buy)	\$ 38.27	11/15/2006	11/15/2006	D	50,000	<u>(1)</u>	02/08/2012	Common Stock	50,000
Employee Stock Option (Right to Buy)	\$ 26.75	11/15/2006	11/15/2006	D	35,000	<u>(1)</u>	02/14/2013	Common Stock	35,000
Employee Stock Option (Right to Buy)	\$ 37.62	11/15/2006	11/15/2006	D	22,000	<u>(1)</u>	02/13/2014	Common Stock	22,000
	\$ 60.3	11/15/2006	11/15/2006	D	18,000	<u>(1)</u>	02/10/2016		18,000

