

# SECURITIES AND EXCHANGE COMMISSION

## FORM 424B3

Prospectus filed pursuant to Rule 424(b)(3)

Filing Date: **2001-08-03**  
SEC Accession No. 0000912057-01-526519

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### FILER

#### **SUN LIFE ASSURANCE CO OF CANADA US**

CIK: **745544** | IRS No.: **042461439** | State of Incorporation: **DE** | Fiscal Year End: **1231**  
Type: **424B3** | Act: **33** | File No.: **333-88069** | Film No.: **1697373**

#### Mailing Address

*SUN LIFE EXECUTIVE PARK  
WELLESLEY HILLS MA 02481*

#### Business Address

*SC 1335 ONE SUN LIFE  
EXECUTIVE PARK  
WELLESLEY HILLS MA 02481  
7814461182*

SUPPLEMENT DATED AUGUST 1, 2001

TO

PROFILE DATED MAY 1, 2001, AS SUPPLEMENTED  
AND  
PROSPECTUS DATED MAY 1, 2001, AS SUPPLEMENTED

FOR

FUTURITY ACCOLADE  
VARIABLE AND FIXED ANNUITY

ISSUED BY SUN LIFE ASSURANCE COMPANY OF CANADA (U.S.)

Beginning on August 27, 2001, with the addition of a new class of shares -- the "Service Class shares" -- to the MFS/Sun Life Series Trust ("the Series Fund"), the following 9 corresponding investment options will be added to the Futurity Accolade Variable and Fixed Annuity Contracts (the "Contracts"):

- MFS/Sun Life Capital Appreciation -- S Class
- MFS/Sun Life Emerging Growth -- S Class
- MFS/Sun Life Government Securities -- S Class
- MFS/Sun Life High Yield -- S Class
- MFS/Sun Life Massachusetts Investors Growth Stock -- S Class
- MFS/Sun Life Massachusetts Investors Trust -- S Class
- MFS/Sun Life New Discovery -- S Class
- MFS/Sun Life Total Return -- S Class
- MFS/Sun Life Utilities -- S Class

This Supplement describes the fees and performance information associated with the Series Fund's Service Class (the "S Class") shares. The S Class shares are the same as the shares (referred to herein as the "Initial Class" shares) currently offered in the Series Fund's Prospectus, dated May 1, 2001, except that the S Class shares are subject to a distribution fee equal to 0.25% of each Fund's daily net assets.

The INITIAL CLASS SHARES are only available to owners of a Futurity Accolade Variable and Fixed Annuity Contract who opened their Contracts BEFORE August 27, 2001. (A Contract is considered "opened" once we have received a completed Application in good order.) Subsequent payments and transfers by such Contract owners will continue to purchase Initial Class shares.

Owners of a Futurity Accolade Variable and Fixed Annuity Contract who opened their Contracts ON OR AFTER August 27, 2001, will only be able to purchase S CLASS SHARES. Subsequent payments and transfers by such Contract owners will continue to purchase S Class shares.

As a result of the addition of the S Class shares, the Profile dated May 1, 2001, as supplemented, (the "Profile") and the Prospectus dated May 1, 2001, as supplemented, (the "Prospectus") for the Futurity Accolade Variable and Fixed Annuity are further supplemented as follows:

1. The list of the available Sub-Accounts appearing in Section 4, "Allocation Options," of the Profile and on the cover page of the Prospectus is hereby supplemented by the adding, under the heading "MFS/Sun Life Series Trust" the 9 Sub-Accounts listed above.

<Page>

2. The summary expense chart appearing in Section 5, "Expenses," of the Profile is supplemented by adding the following Sub-Accounts to the chart:

<Table>

<Caption>

SUB-ACCOUNTS	TOTAL ANNUAL INSURANCE CHARGES	TOTAL ANNUAL FUND EXPENSES	TOTAL ANNUAL EXPENSES	EXAMPLES: TOTAL EXPENSE AT END			
				NO RIDERS (A)		WITH RIDER (B)	
				1 YEAR	10 YEARS	1 YEAR	10 YEARS
-----	-----	-----	-----	-----	-----	-----	-----

<S>	<C>	<C>	<C>	<C>	<C>	<C>	<C>
MFS/Sun Life Capital Appreciation --							
S Class .....	1.55%	1.00%	2.55%	\$ 98	\$300	\$102	\$340
MFS/Sun Life Emerging Growth --							
S Class .....	1.55%	0.99%	2.54%	\$ 98	\$299	\$102	\$339
MFS/Sun Life Government Securities --							
S Class .....	1.55%	0.87%	2.42%	\$ 97	\$287	\$101	\$327
MFS/Sun Life High Yield -- S							
Class .....	1.55%	1.08%	2.63%	\$ 99	\$308	\$103	\$348
MFS/Sun Life Massachusetts Investors Growth Stock -- S							
Class .....	1.55%	1.06%	2.61%	\$ 99	\$306	\$103	\$346
MFS/Sun Life Massachusetts Investors Trust -- S Class ...	1.55%	0.85%	2.40%	\$ 97	\$285	\$101	\$325
MFS/Sun Life New Discovery -- S							
Class .....	1.55%	1.24%	2.79%	\$101	\$324	\$105	\$363
MFS/Sun Life Total Return -- S							
Class.....	1.55%	0.95%	2.50%	\$ 98	\$295	\$102	\$335
MFS/Sun Life Utilities -- S							
Class .....	1.55%	1.05%	2.60%	\$ 99	\$305	\$103	\$345

3. The performance chart appearing in Section 8, "Performance," of the Profile is supplemented by adding the following Sub-Accounts to the chart:

<Caption>	2000	1999	1998	1997	1996	1995	1994	1993	1992
<S>	<C>	<C>	<C>	<C>	<C>	<C>	<C>	<C>	<C>
MFS/Sun Life Capital Appreciation -- S Class .....	(13.36)%	29.94%	26.08%	20.61%	18.96%	31.74%	(5.67)%	15.55%	11.23%
MFS/Sun Life Emerging Growth -- S Class .....	(20.69)%	72.59%	31.38%	19.63%	14.91%	--	--	--	--
MFS/Sun Life Government Securities -- S Class .....	10.06%	(3.76)%	6.68%	6.70%	(0.26)%	15.50%	(4.04)%	6.68%	4.83%
MFS/Sun Life High Yield -- S Class .....	(8.47)%	4.99%	(1.24)%	11.20%	10.09%	14.84%	(3.93)%	15.57%	12.93%
MFS/Sun Life Massachusetts Investors Growth Stock -- S Class .....	(7.91)%	33.27%	--	--	--	--	--	--	--
MFS/Sun Life Massachusetts Investors Trust -- S Class .....	(1.78)%	5.16%	21.56%	29.51%	23.08%	34.90%	(2.96)%	6.40%	3.72%
MFS/Sun Life New Discovery -- S Class .....	(1.51)%	57.29%	--	--	--	--	--	--	--
MFS/Sun Life Total Return -- S Class .....	14.63%	0.88%	9.62%	19.72%	11.96%	24.38%	(4.06)%	11.25%	6.54%
MFS/Sun Life Utilities -- S Class .....	5.11%	29.00%	15.48%	30.40%	18.25%	30.06%	(6.63)%	--	--

<Caption>	1991	1990
<S>	<C>	<C>
MFS/Sun Life Capital Appreciation -- S Class .....	38.17%	(11.69)%
MFS/Sun Life Emerging Growth -- S Class .....	--	--
MFS/Sun Life Government Securities -- S Class .....	13.69%	6.90%
MFS/Sun Life High Yield -- S Class .....	44.91%	(15.75)%
MFS/Sun Life Massachusetts Investors Growth Stock -- S Class .....	--	--
MFS/Sun Life Massachusetts Investors Trust -- S Class .....	--	--
MFS/Sun Life New Discovery -- S Class .....	--	--
MFS/Sun Life Total Return -- S Class .....	19.37%	0.74%
MFS/Sun Life Utilities -- S Class .....	--	--

4. The "Underlying Fund Annual Expenses" table appearing on pages 6 and 7 of the Prospectus is supplemented by adding the following S Class shares of the Series Fund:

<Table>

<Caption>

FUND	MANAGEMENT FEES	OTHER FUND EXPENSES AFTER REIMBURSEMENT (2)	12B-1 OR SERVICE FEES	TOTAL ANNUAL FUND EXPENSES AFTER AND BEFORE REIMBURSEMENT (2)
<S>	<C>	<C>	<C>	<C>
MFS/Sun Life Capital Appreciation -- S Class (9)	0.71%	0.04%	0.25%	1.00%
MFS/Sun Life Emerging Growth -- S Class (9)	0.69%	0.05%	0.25%	0.99%
MFS/Sun Life Government Securities -- S Class	0.55%	0.07%	0.25%	0.87%
MFS/Sun Life High Yield -- S Class (9)	0.75%	0.08%	0.25%	1.08%
MFS/Sun Life Massachusetts Investors Growth Stock -- S Class	0.75%	0.06%	0.25%	1.06%
MFS/Sun Life Massachusetts Investors Trust -- S Class (9)	0.55%	0.05%	0.25%	0.85%
MFS/Sun Life New Discovery -- S Class	0.90%	0.09%	0.25%	1.24%
MFS/Sun Life Total Return -- S Class (9)	0.66%	0.04%	0.25%	0.95%
MFS/Sun Life Utilities -- S Class (9)	0.72%	0.08%	0.25%	1.05%

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5. Footnote (9) to the "Underlying Fund Annual Expenses" table appearing on page 8 of the Prospectus is supplemented with the addition of the following S class shares of the Series Fund:

<S>	<C>
MFS/Sun Life Capital Appreciation -- S Class	0.99%
MFS/Sun Life Emerging Growth -- S Class	0.98%
MFS/Sun Life High Yield -- S Class	1.07%
MFS/Sun Life Massachusetts Investors Trust -- S Class	0.84%
MFS/Sun Life Total Return -- S Class	0.94%
MFS/Sun Life Utilities -- S Class	1.04%

6. The "Examples" presented on pages 10 through 15 of the Prospectus are supplemented by adding the following examples:

If you surrender your Contract at the end of the applicable period, you would pay the following expenses on a \$1,000 investment, assuming a 5% annual return, an average Contract size of \$35,000, and no optional death benefit riders have been elected:

<Caption>	1 YEAR	3 YEARS	5 YEARS	10 YEARS
<S>	<C>	<C>	<C>	<C>
MFS Sun Life Capital Appreciation -- S Class	\$ 98	\$144	\$193	\$300
MFS Sun Life Emerging Growth -- S Class	\$ 98	\$144	\$192	\$299
MFS Sun Life Government Securities -- S Class	\$ 97	\$140	\$186	\$287
MFS Sun Life High Yield -- S Class	\$ 99	\$146	\$197	\$308
MFS Sun Life Massachusetts Investors Growth Stock -- S Class	\$ 99	\$146	\$196	\$306
MFS Sun Life Massachusetts Investors Trust -- S Class	\$ 97	\$139	\$185	\$285
MFS Sun Life New Discovery -- S Class	\$101	\$151	\$205	\$324
MFS Sun Life Total Return -- S Class	\$ 98	\$142	\$190	\$295
MFS Sun Life Utilities -- S Class	\$ 99	\$145	\$195	\$305

If you surrender your Contract at the end of the applicable period, you would pay the following expenses on a \$1,000 investment, assuming a 5% annual return, an average Contract size of \$35,000, and the EEB Plus MAV optional death benefit rider has been elected:

<Caption>	1 YEAR	3 YEARS	5 YEARS	10 YEARS
<S>	<C>	<C>	<C>	<C>
MFS Sun Life Capital Appreciation -- S Class	\$102	\$156	\$213	\$340
MFS Sun Life Emerging Growth -- S Class	\$102	\$156	\$212	\$339
MFS Sun Life Government Securities -- S Class	\$101	\$152	\$206	\$327
MFS Sun Life High Yield -- S Class	\$103	\$158	\$217	\$348
MFS Sun Life Massachusetts Investors Growth Stock -- S				

Class .....	\$103	\$158	\$216	\$346
MFS Sun Life Massachusetts Investors Trust -- S Class .....	\$101	\$152	\$205	\$325
MFS Sun Life New Discovery -- S Class .....	\$105	\$163	\$225	\$363
MFS Sun Life Total Return -- S Class .....	\$102	\$155	\$210	\$335
MFS Sun Life Utilities -- S Class .....	\$103	\$158	\$215	\$345

If you do NOT surrender your Contract, or if you annuitize, at the end of the applicable period, you would pay the following expenses on a \$1,000 investment, assuming a 5% annual return, an average Contract size of \$35,000, and no optional death benefit riders have been elected:

<Table>  
<Caption>

	1 YEAR	3 YEARS	5 YEARS	10 YEARS
	-----	-----	-----	-----
<S>	<C>	<C>	<C>	<C>
MFS Sun Life Capital Appreciation -- S Class .....	\$26	\$81	\$139	\$300
MFS Sun Life Emerging Growth -- S Class .....	\$26	\$81	\$138	\$299
MFS Sun Life Government Securities -- S Class .....	\$25	\$77	\$132	\$287
MFS Sun Life High Yield -- S Class .....	\$27	\$83	\$143	\$308
MFS Sun Life Massachusetts Investors Growth Stock -- S Class .....	\$27	\$83	\$142	\$306
MFS Sun Life Massachusetts Investors Trust -- S Class .....	\$25	\$76	\$131	\$285
MFS Sun Life New Discovery -- S Class .....	\$29	\$88	\$151	\$324
MFS Sun Life Total Return -- S Class .....	\$26	\$79	\$136	\$295
FS Sun Life Utilities -- S Class .....	\$27	\$82	\$141	\$305

</Table>

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If you do NOT surrender your Contract, or if you annuitize, at the end of the applicable period, you would pay the following expenses on a \$1,000 investment, assuming a 5% annual return, an average Contract size of \$35,000, and the EEB Plus MAV optional death benefit rider has been elected:

<Table>  
<Caption>

	1 YEAR	3 YEARS	5 YEARS	10 YEARS
	-----	-----	-----	-----
<S>	<C>	<C>	<C>	<C>
MFS Sun Life Capital Appreciation -- S Class .....	\$30	\$ 93	\$159	\$340
MFS Sun Life Emerging Growth -- S Class .....	\$30	\$ 93	\$158	\$339
MFS Sun Life Government Securities -- S Class .....	\$29	\$ 89	\$152	\$327
MFS Sun Life High Yield -- S Class .....	\$31	\$ 95	\$163	\$348
MFS Sun Life Massachusetts Investors Growth Stock -- S Class .....	\$31	\$ 95	\$162	\$346
MFS Sun Life Massachusetts Investors Trust -- S Class .....	\$29	\$ 89	\$151	\$325
MFS Sun Life New Discovery -- S Class .....	\$33	\$100	\$171	\$363
MFS Sun Life Total Return -- S Class .....	\$30	\$ 92	\$156	\$335
MFS Sun Life Utilities -- S Class .....	\$31	\$ 95	\$161	\$345

</Table>

THESE EXAMPLES SHOULD NOT BE CONSIDERED TO BE REPRESENTATIONS OF PAST OR FUTURE EXPENSES, AND ACTUAL EXPENSES MAY BE GREATER OR LOWER THAN THOSE SHOWN. THE EXAMPLES ASSUME THAT ALL CURRENT WAIVERS AND REIMBURSEMENTS CONTINUE THROUGHOUT ALL PERIODS.

THIS SUPPLEMENT IS NOT VALID UNLESS ACCOMPANIED OR PRECEDED BY THE CURRENT PROSPECTUS FOR THE FUTURITY ACCOLADE VARIABLE AND FIXED ANNUITY, AND ALL CURRENT FUND PROSPECTUSES AS SUPPLEMENTED. ALL SUPPLEMENTS AND THE PROSPECTUSES SHOULD BE READ AND RETAINED FOR FUTURE REFERENCE.

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Rule 424(b) (3)  
File Nos. 333-88069  
811-05846

SUPPLEMENT DATED AUGUST 1, 2001

TO

PROFILE DATED MAY 1, 2001, AS SUPPLEMENTED  
AND  
PROSPECTUS DATED MAY 1, 2001, AS SUPPLEMENTED

FOR

MFS REGATTA EXTRA  
VARIABLE AND FIXED ANNUITY

Beginning on August 27, 2001, with the addition of a new class of shares -- the "Service Class shares" -- to the MFS/Sun Life Series Trust ("the Series Fund"), the following 31 corresponding Sub-Accounts will be added to the MFS Regatta Extra Variable and Fixed Annuity Contracts (the "Contracts"):

<Table>	<C>
<S>	
Bond -- S Class	Managed Sectors -- S Class
Capital Appreciation -- S Class	Massachusetts Investors Growth Stock -- S Class
Capital Opportunities -- S Class	Massachusetts Investors Trust -- S Class
Emerging Growth -- S Class	Mid Cap Growth -- S Class
Emerging Markets Equity -- S Class	Money Market -- S Class
Global Asset Allocation -- S Class	New Discovery -- S Class
Global Governments -- S Class	Research -- S Class
Global Growth -- S Class	Research Growth and Income -- S Class
Global Health Sciences -- S Class	Research International -- S Class
Global Telecommunications -- S Class	Strategic Growth -- S Class
Global Total Return -- S Class	Strategic Income -- S Class
Government Securities -- S Class	Technology -- S Class
High Yield -- S Class	Total Return -- S Class
International Growth -- S Class	Utilities -- S Class
International Investors Trust -- S Class	Value -- S Class
International New Discovery -- S Class	
</Table>	

This Supplement describes the fees and performance information associated with the Series Fund's Service Class (the "S Class") shares. The S Class shares are the same as the shares (referred to herein as the "Initial Class" shares) currently offered in the Series Fund's Prospectus, dated May 1, 2001, except that the S Class shares are subject to a distribution fee equal to 0.25% of each Fund's daily net assets.

The INITIAL CLASS SHARES are only available to owners of a MFS Regatta Extra Variable and Fixed Annuity Contract who opened their Contracts BEFORE August 27, 2001. (A Contract is considered "opened" once we have received a completed Application in good order.) Subsequent payments and transfers by such Contract owners will continue to purchase Initial Class shares.

Owners of a MFS Regatta Extra Variable and Fixed Annuity Contract who opened their Contracts ON OR AFTER August 27, 2001, will only be able to purchase S CLASS SHARES. Subsequent payments and transfers by such Contract owners will continue to purchase S Class shares.

At present, the INTERNATIONAL NEW DISCOVERY SERIES and GLOBAL HEALTH SCIENCES SERIES of the MFS/Sun Life Series Trust are not available for sale and, therefore, neither share class of these two Series is available for investment. We do not know at this time when or if these two Series will be made available. YOUR INVESTMENT DECISION TO PURCHASE A CONTRACT SHOULD NOT ASSUME THE FUTURE AVAILABILITY OF THESE SERIES.

<Page>

As a result of the addition of the S Class shares, the Profile dated May 1, 2001, as supplemented, (the "Profile") and the Prospectus dated May 1, 2001, as supplemented, (the "Prospectus") for the MFS Regatta Extra Variable and Fixed Annuity are further supplemented as follows:

1. The list of the available Sub-Accounts appearing in Section 4, "Allocation Options," of the Profile and on the cover page of the Prospectus is hereby supplemented by the addition of the 31 Sub-Accounts listed above.
2. The summary expense chart appearing in Section 5, "Expenses," of the Profile is supplemented by adding the following Sub-Accounts to the chart:

<Table>								
<Caption>								
				EXAMPLES: TOTAL EXPENSE AT END				
				NO RIDERS (A)		WITH RIDER (B)		
	TOTAL ANNUAL	TOTAL ANNUAL	TOTAL ANNUAL	1 YEAR	10 YEARS	1 YEAR	10 YEARS	
	INSURANCE	FUND	EXPENSES					
	CHARGES	EXPENSES	EXPENSES					
<S>	<C>	<C>	<C>	<C>	<C>	<C>	<C>	
Bond -- S Class.....	1.55%	0.97%	2.52%	\$ 98	\$297	\$102	\$337	
Capital Appreciation -- S								
Class.....	1.55%	1.00%	2.55%	\$ 98	\$300	\$102	\$340	
Capital Opportunities -- S								
Class.....	1.55%	1.04%	2.59%	\$ 99	\$304	\$103	\$344	
Emerging Growth -- S Class.....	1.55%	0.99%	2.54%	\$ 98	\$299	\$102	\$339	
Emerging Markets Equity -- S								
Class.....	1.55%	1.82%	3.37%	\$107	\$380	\$111	\$416	
Global Asset Allocation -- S								
Class.....	1.55%	1.15%	2.70%	\$100	\$315	\$104	\$354	

Global Governments -- S Class...	1.55%	1.19%	2.74%	\$100	\$319	\$104	\$358
Global Growth -- S Class.....	1.55%	1.29%	2.84%	\$101	\$329	\$105	\$368
Global Health Sciences -- S Class.....	1.55%	1.50%	3.05%	\$103	\$350	\$107	\$387
Global Telecommunications -- S Class.....	1.55%	1.53%	3.08%	\$104	\$352	\$108	\$390
Global Total Return -- S Class.....	1.55%	1.16%	2.71%	\$100	\$316	\$104	\$355
Government Securities -- S Class.....	1.55%	0.87%	2.42%	\$ 97	\$287	\$101	\$327
High Yield -- S Class.....	1.55%	1.08%	2.63%	\$ 99	\$308	\$103	\$348
International Growth -- S Class.....	1.55%	1.49%	3.04%	\$103	\$349	\$107	\$386
International Investors Trust -- S Class.....	1.55%	1.46%	3.01%	\$103	\$346	\$107	\$383
International New Discovery -- S Class.....	1.55%	1.48%	3.03%	\$103	\$348	\$107	\$385
Managed Sectors -- S Class.....	1.55%	1.01%	2.56%	\$ 98	\$301	\$102	\$341
Massachusetts Investors Growth Stock -- S Class.....	1.55%	1.06%	2.61%	\$ 99	\$306	\$103	\$346
Massachusetts Investors Trust -- S Class.....	1.55%	0.85%	2.40%	\$ 97	\$285	\$101	\$325
Mid Cap Growth -- S Class.....	1.55%	1.14%	2.69%	\$100	\$314	\$104	\$353
Money Market -- S Class.....	1.55%	0.83%	2.38%	\$ 97	\$283	\$101	\$323
New Discovery -- S Class.....	1.55%	1.24%	2.79%	\$101	\$324	\$105	\$363
Research -- S Class.....	1.55%	0.99%	2.54%	\$ 98	\$299	\$102	\$339
Research Growth and Income -- S Class.....	1.55%	1.13%	2.68%	\$100	\$313	\$104	\$352
Research International -- S Class.....	1.55%	1.53%	3.08%	\$104	\$352	\$108	\$390
Strategic Growth -- S Class.....	1.55%	1.19%	2.74%	\$100	\$319	\$104	\$358
Strategic Income -- S Class.....	1.55%	1.23%	2.78%	\$101	\$323	\$105	\$362
Technology -- S Class.....	1.55%	1.17%	2.72%	\$100	\$317	\$104	\$356
Total Return -- S Class.....	1.55%	0.95%	2.50%	\$ 98	\$295	\$102	\$335
Utilities -- S Class.....	1.55%	1.05%	2.60%	\$ 99	\$305	\$103	\$345
Value -- S Class.....	1.55%	1.12%	2.67%	\$100	\$312	\$104	\$351

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3. The performance chart appearing in Section 8, "Performance," of the Profile is supplemented by adding the following Sub-Accounts to the chart:

<Table>

<Caption>

SUB-ACCOUNT	2000	1999	1998	1997	1996	1995	1994	1993	1992
<S>	<C>	<C>	<C>	<C>	<C>	<C>	<C>	<C>	<C>
Bond -- S Class.....	8.31%	(3.50)%	--	--	--	--	--	--	--
Capital Appreciation -- S Class.....	(13.02)%	30.29%	26.39%	20.88%	19.25%	32.03%	(5.42)%	15.84%	11.10%
Capital Opportunities -- S Class.....	(6.57)%	45.04%	24.67%	25.27%	--	--	--	--	--
Emerging Growth -- S Class.....	(20.56)%	72.77%	31.46%	19.71%	14.94%	--	--	--	--
Emerging Markets Equity -- S Class.....	(24.15)%	49.83%	(31.32)%	8.36%	--	--	--	--	--
Global Asset Allocation -- S Class.....	(4.05)%	16.43%	4.59%	8.82%	13.85%	19.40%	--	--	--
Global Governments -- S Class.....	(0.51)%	(6.90)%	13.37%	(2.63)%	2.70%	13.57%	(6.29)%	16.72%	(1.41)%
Global Growth -- S Class.....	(14.70)%	64.41%	12.46%	13.20%	10.99%	13.86%	1.00%	--	--
Global Total Return -- S Class.....	0.49%	6.48%	16.20%	11.55%	12.15%	15.75%	--	--	--
Government Securities -- S Class.....	10.14%	(3.70)%	6.74%	6.73%	(0.29)%	15.48%	(4.00)%	6.65%	4.73%
High Yield -- S Class.....	(8.45)%	4.93%	(1.26)%	11.12%	10.03%	14.88%	(4.07)%	15.57%	12.91%
International Growth -- S Class.....	(9.46)%	32.93%	0.03%	(3.48)%	--	--	--	--	--
International Investors Trust -- S Class.....	(4.12)%	15.19%	19.41%	4.54%	2.92%	--	--	--	--
Managed Sectors -- S Class.....	(22.27)%	82.40%	10.27%	23.34%	15.42%	29.87%	(3.77)%	2.11%	4.50%
Massachusetts Investors Growth Stock -- S Class.....	(7.81)%	33.39%	--	--	--	--	--	--	--
Massachusetts Investors Trust -- S Class.....	(1.69)%	5.27%	21.60%	29.57%	23.11%	34.95%	(2.96)%	6.40%	3.64%
Money Market -- S Class.....	4.08%	2.80%	3.09%	3.11%	2.96%	3.49%	1.77%	0.71%	1.41%
New Discovery -- S Class.....	(1.41)%	57.40%	--	--	--	--	--	--	--
Research -- S Class.....	(5.84)%	21.95%	21.40%	18.61%	21.55%	34.95%	--	--	--
Research Growth and Income -- S Class.....	1.27%	6.22%	19.96%	--	--	--	--	--	--
Research International -- S Class.....	(9.62)%	52.25%	--	--	--	--	--	--	--

Strategic Growth -- S Class....	(11.61)%	19.23%	--	--	--	--	--	--	--
Strategic Income -- S Class....	1.07%	21.33%	--	--	--	--	--	--	--
Total Return -- S Class.....	14.74%	0.98%	9.71%	19.73%	11.95%	24.47%	(4.10)%	11.29%	6.35%
Utilities -- S Class.....	5.09%	28.95%	15.45%	30.32%	18.12%	30.00%	(6.74)%	--	--
Value -- S Class.....	27.98%	5.13%	--	--	--	--	--	--	--

<Caption>

SUB-ACCOUNT	1991	1990
<S>	<C>	<C>
Bond -- S Class.....	--	--
Capital Appreciation -- S Class.....	38.39%	(11.39)%
Capital Opportunities -- S Class.....	--	--
Emerging Growth -- S Class.....	--	--
Emerging Markets Equity -- S Class.....	--	--
Global Asset Allocation -- S Class.....	--	--
Global Governments -- S Class.....	12.67%	11.24%
Global Growth -- S Class.....	--	--
Global Total Return -- S Class.....	--	--
Government Securities -- S Class.....	13.74%	6.84%
High Yield -- S Class.....	44.98%	(16.01)%
International Growth -- S Class.....	--	--
International Investors Trust -- S Class.....	--	--
Managed Sectors -- S Class.....	59.12%	(12.17)%
Massachusetts Investors Growth Stock -- S Class.....	--	--
Massachusetts Investors Trust -- S Class.....	--	--
Money Market -- S Class.....	3.62%	5.85%
New Discovery -- S Class.....	--	--
Research -- S Class.....	--	--
Research Growth and Income -- S Class.....	--	--
Research International -- S Class.....	--	--
Strategic Growth -- S Class....	--	--
Strategic Income -- S Class....	--	--
Total Return -- S Class.....	19.42%	0.75%
Utilities -- S Class.....	--	--
Value -- S Class.....	--	--

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4. The "Underlying Fund Annual Expenses" table appearing on page 5 of the Prospectus is supplemented by adding the fees associated with the S Class shares of the Funds as follows:

<Table>

<Caption>

FUND	MANAGEMENT FEES	OTHER FUND EXPENSES AFTER REIMBURSEMENT (2)	12B-1 OR SERVICE FEES	TOTAL ANNUAL FUND EXPENSES AFTER AND BEFORE REIMBURSEMENT (2)
<S>	<C>	<C>	<C>	<C>
Bond -- S Class.....	0.60%	0.12%	0.25%	0.97%
Capital Appreciation -- S Class.....	0.71%	0.04%	0.25%	1.00%
Capital Opportunities -- S Class.....	0.71%	0.08%	0.25%	1.04%
Emerging Growth -- S Class.....	0.69%	0.05%	0.25%	0.99%
Emerging Markets Equity -- S Class.....	1.25%	0.32%	0.25%	1.82%
Global Asset Allocation -- S Class.....	0.75%	0.15%	0.25%	1.15%
Global Governments -- S Class.....	0.75%	0.19%	0.25%	1.19%
Global Growth -- S Class.....	0.90%	0.14%	0.25%	1.29%
Global Health Sciences -- S Class (3).....	1.00%	0.25%	0.25%	1.50% [1.71%]
Global Telecommunications -- S Class (3).....	1.00%	0.28%	0.25%	1.53% [8.75%]
Global Total Return -- S Class.....	0.75%	0.16%	0.25%	1.16%
Government Securities -- S Class.....	0.55%	0.07%	0.25%	0.87%
High Yield -- S Class.....	0.75%	0.08%	0.25%	1.08%
International Growth -- S Class.....	0.98%	0.26%	0.25%	1.49%



International Investors Trust -- S Class.....	0.98%	0.23%	0.25%	1.46%	
International New Discovery -- S Class (3).....	0.98%	0.25%	0.25%	1.48%	[1.69%]
Managed Sectors -- S Class.....	0.71%	0.05%	0.25%	1.01%	
Massachusetts Investors Growth Stock -- S Class.....	0.75%	0.06%	0.25%	1.06%	
Massachusetts Investors Trust -- S Class.....	0.55%	0.05%	0.25%	0.85%	
Mid Cap Growth -- S Class.....	0.75%	0.14%	0.25%	1.14%	
Money Market -- S Class.....	0.50%	0.08%	0.25%	0.83%	
New Discovery -- S Class.....	0.90%	0.09%	0.25%	1.24%	
Research -- S Class.....	0.69%	0.05%	0.25%	0.99%	
Research Growth and Income -- S Class.....	0.75%	0.13%	0.25%	1.13%	
Research International -- S Class.....	1.00%	0.28%	0.25%	1.53%	
Strategic Growth -- S Class.....	0.75%	0.19%	0.25%	1.19%	
Strategic Income -- S Class.....	0.75%	0.23%	0.25%	1.23%	
Technology -- S Class.....	0.75%	0.17%	0.25%	1.17%	
Total Return -- S Class.....	0.66%	0.04%	0.25%	0.95%	
Utilities -- S Class.....	0.72%	0.08%	0.25%	1.05%	
Value -- S Class.....	0.75%	0.12%	0.25%	1.12%	

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5. Footnote (2) to the "Underlying Fund Annual Expenses" table appearing on page 5 of the Prospectus is supplemented with the addition of the following fee reimbursements associated with S Class shares of the Funds:

<S>	<C>
Bond -- S Class.....	0.95%
Capital Appreciation -- S Class.....	0.99%
Emerging Growth -- S Class.....	0.98%
Emerging Markets Equity -- S Class.....	1.80%
Global Asset Allocation -- S Class.....	1.14%
Global Governments -- S Class.....	1.18%
Global Growth -- S Class.....	1.28%
Global Telecommunications -- S Class.....	1.50%
Global Total Return -- S Class.....	1.15%
High Yield -- S Class.....	1.07%
International Growth -- S Class.....	1.48%
Massachusetts Investors Trust -- S Class.....	0.84%
Mid Cap Growth -- S Class.....	1.12%
Research Growth and Income -- S Class.....	1.12%
Research International -- S Class.....	1.52%
Strategic Growth -- S Class.....	1.17%
Strategic Income -- S Class.....	1.21%
Technology -- S Class.....	1.15%
Total Return -- S Class.....	0.94%
Utilities -- S Class.....	1.04%
Value -- S Class.....	1.11%

6. Footnote (3) to the "Underlying Fund Annual Expenses" table appearing on page 6 of the Prospectus is replaced with the following paragraph:

(3) MFS has contractually agreed to bear the expenses of each of the two classes (Initial Class and S Class) of the Global Health Science Series, Global Telecommunications Series, and International New Discovery Series such that "Other Fund Expenses," after taking into account the expense offset arrangement described in Footnote (2), above, do not exceed 0.25% annually. These contractual fee arrangements will continue until at least May 1, 2002, unless changed with the consent of the Series Fund's Board of Directors; provided, however, that a Fund's contractual fee arrangement will terminate prior to May 1, 2002, in the event that the Fund's "Other Fund Expenses" equal or fall below 0.25% annually.

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7. The "Examples" presented on pages 7 through 10 of the Prospectus are supplemented by adding the following examples:

If you surrender your Contract at the end of the applicable period, you would pay the following expenses on a \$1,000 investment, assuming a 5% annual return, an average Contract size of \$35,000, and no optional death benefit riders have been elected:

<Table>  
<Caption>

1 YEAR      3 YEARS      5 YEARS      10 YEARS

<S>	<C>	<C>	<C>	<C>
Bond -- S Class.....	\$ 98	\$143	\$191	\$297
Capital Appreciation -- S Class.....	\$ 98	\$144	\$193	\$300
Capital Opportunities -- S Class.....	\$ 99	\$145	\$195	\$304
Emerging Growth -- S Class.....	\$ 98	\$144	\$192	\$299
Emerging Markets Equity -- S Class.....	\$107	\$169	\$233	\$380
Global Asset Allocation -- S Class.....	\$100	\$149	\$200	\$315
Global Governments -- S Class.....	\$100	\$150	\$202	\$319
Global Growth -- S Class.....	\$101	\$153	\$207	\$329
Global Health Sciences -- S Class.....	\$103	\$159	\$218	\$350
Global Telecommunications -- S Class.....	\$104	\$160	\$219	\$352
Global Total Return -- S Class.....	\$100	\$149	\$201	\$316
Government Securities -- S Class.....	\$ 97	\$140	\$186	\$287
High Yield -- S Class.....	\$ 99	\$146	\$197	\$308
International Growth -- S Class.....	\$103	\$159	\$217	\$349
International Investors Trust -- S Class.....	\$103	\$158	\$216	\$346
International New Discovery -- S Class.....	\$103	\$158	\$217	\$348
Managed Sectors -- S Class.....	\$ 98	\$144	\$193	\$301
Massachusetts Investors Growth Stock -- S Class.....	\$ 99	\$146	\$196	\$306
Massachusetts Investors Trust -- S Class.....	\$ 97	\$139	\$185	\$285
Mid Cap Growth -- S Class.....	\$100	\$148	\$200	\$314
Money Market -- S Class.....	\$ 97	\$139	\$184	\$283
New Discovery -- S Class.....	\$101	\$151	\$205	\$324
Research -- S Class.....	\$ 98	\$144	\$192	\$299
Research Growth and Income -- S Class.....	\$100	\$148	\$199	\$313
Research International -- S Class.....	\$104	\$160	\$219	\$352
Strategic Growth -- S Class.....	\$100	\$150	\$202	\$319
Strategic Income -- S Class.....	\$101	\$151	\$204	\$323
Technology -- S Class.....	\$100	\$149	\$201	\$317
Total Return -- S Class.....	\$ 98	\$142	\$190	\$295
Utilities -- S Class.....	\$ 99	\$145	\$195	\$305
Value -- S Class.....	\$100	\$148	\$199	\$312

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If you surrender your Contract at the end of the applicable period, you would pay the following expenses on a \$1,000 investment, assuming a 5% annual return, an average Contract size of \$35,000, and the EEB Plus MAV optional death benefit rider has been elected:

<Table>

<Caption>

	1 YEAR	3 YEARS	5 YEARS	10 YEARS
<S>	<C>	<C>	<C>	<C>
Bond -- S Class.....	\$102	\$155	\$211	\$337
Capital Appreciation -- S Class.....	\$102	\$156	\$213	\$340
Capital Opportunities -- S Class.....	\$103	\$157	\$215	\$344
Emerging Growth -- S Class.....	\$102	\$156	\$212	\$339
Emerging Markets Equity -- S Class.....	\$111	\$181	\$253	\$416
Global Asset Allocation -- S Class.....	\$104	\$161	\$220	\$354
Global Governments -- S Class.....	\$104	\$162	\$222	\$358
Global Growth -- S Class.....	\$105	\$165	\$227	\$368
Global Health Sciences -- S Class.....	\$107	\$171	\$237	\$387
Global Telecommunications -- S Class.....	\$108	\$172	\$239	\$390
Global Total Return -- S Class.....	\$104	\$161	\$221	\$355
Government Securities -- S Class.....	\$101	\$152	\$206	\$327
High Yield -- S Class.....	\$103	\$158	\$217	\$348
International Growth -- S Class.....	\$107	\$171	\$237	\$386
International Investors Trust -- S Class.....	\$107	\$170	\$235	\$383
International New Discovery -- S Class.....	\$107	\$170	\$236	\$385
Managed Sectors -- S Class.....	\$102	\$156	\$213	\$341
Massachusetts Investors Growth Stock -- S Class.....	\$103	\$158	\$216	\$346
Massachusetts Investors Trust -- S Class.....	\$101	\$152	\$205	\$325
Mid Cap Growth -- S Class.....	\$104	\$160	\$220	\$353
Money Market -- S Class.....	\$101	\$151	\$204	\$323
New Discovery -- S Class.....	\$105	\$163	\$225	\$363
Research -- S Class.....	\$102	\$156	\$212	\$339
Research Growth and Income -- S Class.....	\$104	\$160	\$219	\$352
Research International -- S Class.....	\$108	\$172	\$239	\$390
Strategic Growth -- S Class.....	\$104	\$162	\$222	\$358
Strategic Income -- S Class.....	\$105	\$163	\$224	\$362
Technology -- S Class.....	\$104	\$161	\$221	\$356
Total Return -- S Class.....	\$102	\$155	\$210	\$335
Utilities -- S Class.....	\$103	\$158	\$215	\$345
Value -- S Class.....	\$104	\$160	\$219	\$351

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If you do NOT surrender your Contract, or if you annuitize, at the end of

the applicable period, you would pay the following expenses on a \$1,000 investment, assuming a 5% annual return, an average Contract size of \$35,000, and no optional death benefit riders have been elected:

<Table>

<Caption>

	1 YEAR	3 YEARS	5 YEARS	10 YEARS
<S>	<C>	<C>	<C>	<C>
Bond -- S Class.....	\$26	\$ 80	\$137	\$297
Capital Appreciation -- S Class.....	\$26	\$ 81	\$139	\$300
Capital Opportunities -- S Class.....	\$27	\$ 82	\$141	\$304
Emerging Growth -- S Class.....	\$26	\$ 81	\$138	\$299
Emerging Markets Equity -- S Class.....	\$35	\$106	\$179	\$380
Global Asset Allocation -- S Class.....	\$28	\$ 86	\$146	\$315
Global Governments -- S Class.....	\$28	\$ 87	\$148	\$319
Global Growth -- S Class.....	\$29	\$ 90	\$153	\$329
Global Health Sciences -- S Class.....	\$31	\$ 96	\$164	\$350
Global Telecommunications -- S Class.....	\$32	\$ 97	\$165	\$352
Global Total Return -- S Class.....	\$28	\$ 86	\$147	\$316
Government Securities -- S Class.....	\$25	\$ 77	\$132	\$287
High Yield -- S Class.....	\$27	\$ 83	\$143	\$308
International Growth -- S Class.....	\$31	\$ 96	\$163	\$349
International Investors Trust -- S Class.....	\$31	\$ 95	\$162	\$346
International New Discovery -- S Class.....	\$31	\$ 95	\$163	\$348
Managed Sectors -- S Class.....	\$26	\$ 81	\$139	\$301
Massachusetts Investors Growth Stock -- S Class.....	\$27	\$ 83	\$142	\$306
Massachusetts Investors Trust -- S Class.....	\$25	\$ 76	\$131	\$285
Mid Cap Growth -- S Class.....	\$28	\$ 85	\$146	\$314
Money Market -- S Class.....	\$25	\$ 76	\$130	\$283
New Discovery -- S Class.....	\$29	\$ 88	\$151	\$324
Research -- S Class.....	\$26	\$ 81	\$138	\$299
Research Growth and Income -- S Class.....	\$28	\$ 85	\$145	\$313
Research International -- S Class.....	\$32	\$ 97	\$165	\$352
Strategic Growth -- S Class.....	\$28	\$ 87	\$148	\$319
Strategic Income -- S Class.....	\$29	\$ 88	\$150	\$323
Technology -- S Class.....	\$28	\$ 86	\$147	\$317
Total Return -- S Class.....	\$26	\$ 79	\$136	\$295
Utilities -- S Class.....	\$27	\$ 82	\$141	\$305
Value -- S Class.....	\$28	\$ 85	\$145	\$312

</Table>

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If you do NOT surrender your Contract, or if you annuitize, at the end of the applicable period, you would pay the following expenses on a \$1,000 investment, assuming a 5% annual return, an average Contract size of \$35,000, and the EEB Plus MAV optional death benefit rider has been elected:

<Table>

<Caption>

	1 YEAR	3 YEARS	5 YEARS	10 YEARS
<S>	<C>	<C>	<C>	<C>
Bond -- S Class.....	\$30	\$ 92	\$157	\$337
Capital Appreciation -- S Class.....	\$30	\$ 93	\$159	\$340
Capital Opportunities -- S Class.....	\$31	\$ 94	\$161	\$344
Emerging Growth -- S Class.....	\$30	\$ 93	\$158	\$339
Emerging Markets Equity -- S Class.....	\$39	\$118	\$199	\$416
Global Asset Allocation -- S Class.....	\$32	\$ 98	\$166	\$354
Global Governments -- S Class.....	\$32	\$ 99	\$168	\$358
Global Growth -- S Class.....	\$33	\$102	\$173	\$368
Global Health Sciences -- S Class.....	\$35	\$108	\$183	\$387
Global Telecommunications -- S Class.....	\$36	\$109	\$185	\$390
Global Total Return -- S Class.....	\$32	\$ 98	\$167	\$355
Government Securities -- S Class.....	\$29	\$ 89	\$152	\$327
High Yield -- S Class.....	\$31	\$ 95	\$163	\$348
International Growth -- S Class.....	\$35	\$108	\$183	\$386
International Investors Trust -- S Class.....	\$35	\$107	\$181	\$383
International New Discovery -- S Class.....	\$35	\$107	\$182	\$385
Managed Sectors -- S Class.....	\$30	\$ 93	\$159	\$341
Massachusetts Investors Growth Stock -- S Class.....	\$31	\$ 95	\$162	\$346
Massachusetts Investors Trust -- S Class.....	\$29	\$ 89	\$151	\$325
Mid Cap Growth -- S Class.....	\$32	\$ 97	\$166	\$353
Money Market -- S Class.....	\$29	\$ 88	\$150	\$323
New Discovery -- S Class.....	\$33	\$100	\$171	\$363
Research -- S Class.....	\$30	\$ 93	\$158	\$339
Research Growth and Income -- S Class.....	\$32	\$ 97	\$165	\$352
Research International -- S Class.....	\$36	\$109	\$185	\$390
Strategic Growth -- S Class.....	\$32	\$ 99	\$168	\$358
Strategic Income -- S Class.....	\$33	\$100	\$170	\$362
Technology -- S Class.....	\$32	\$ 98	\$167	\$356
Total Return -- S Class.....	\$30	\$ 92	\$156	\$335

Utilities -- S Class.....	\$31	\$ 95	\$161	\$345
Value -- S Class.....	\$32	\$ 97	\$165	\$351

</Table>

THESE EXAMPLES SHOULD NOT BE CONSIDERED TO BE REPRESENTATIONS OF PAST OR FUTURE EXPENSES, AND ACTUAL EXPENSES MAY BE GREATER OR LOWER THAN THOSE SHOWN. THE EXAMPLES ASSUME THAT ALL CURRENT WAIVERS AND REIMBURSEMENTS CONTINUE THROUGHOUT ALL PERIODS.

8. The second paragraph under "Variable Account Options: The MFS/Sun Life Series Trust," beginning on page 12 of the Prospectus is replaced by the following:

"The Series Fund is composed of 31 independent portfolios of securities, each of which has separate investment objectives and policies. Shares of the Series Fund are issued in 31 series (each, a "Fund"), each corresponding to one of the portfolios. Each Fund offers two share classes: an Initial Class and a Service Class (or "S Class"). The Contract provides for investment by the Sub-Accounts in both share classes of 29 of the Funds. (NEITHER SHARE CLASS OF THE INTERNATIONAL NEW DISCOVERY SERIES AND GLOBAL HEALTH SCIENCES SERIES ARE PRESENTLY AVAILABLE FOR SALE.) Additional portfolios may be added to the Series Fund which may or may not be available for investment by the Variable Account."

THIS SUPPLEMENT IS NOT VALID UNLESS ACCOMPANIED OR PRECEDED BY THE CURRENT PROSPECTUS FOR THE MFS REGATTA EXTRA VARIABLE AND FIXED ANNUITY, AND THE CURRENT FUND PROSPECTUS AS SUPPLEMENTED. ALL SUPPLEMENTS AND THE PROSPECTUSES SHOULD BE READ AND RETAINED FOR FUTURE REFERENCE.

EXTRA SUPP 08/2001