

SECURITIES AND EXCHANGE COMMISSION

FORM 13F-NT

Initial quarterly Form 13F notice report filed by institutional managers

Filing Date: **2005-05-02** | Period of Report: **2005-03-31**
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FILER

MUTUAL OF AMERICA LIFE INSURANCE CO

CIK: **743503** | IRS No.: **131614399** | State of Incorporation: **NY** | Fiscal Year End: **1231**
Type: **13F-NT** | Act: **34** | File No.: **028-01391** | Film No.: **05788904**

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

Form 13F

Form 13F COVER PAGE

Report for the Quarter Ended: March 31, 2005

Check here if Amendment []; Amendment Number: 1

This Amendment (Check only one.): [] is a restatement.
[] adds new holdings entries.

Institutional Investment Manager Filing this Report:

Name: MUTUAL OF AMERICA LIFE INSURANCE COMPANY
Address: 320 Park Avenue
New York, NY 10022-6839

Form 13F File Number: 28-1391

The institutional investment manager filing this report and the person by whom it is signed hereby represent that the person signing the report is authorized to submit it, that all information contained herein is true, correct and complete, and that it is understood that all required items, statements, schedules, lists, and tables, are considered integral parts of this form.

Person signing this Report on Behalf of Reporting Manager:

Name: Manfred Altstadt
Title: Senior Executive Vice President and Chief Financial Officer
Phone: (212) 224-1543

Signature, Place, and Date of Signing:

/s/ Manfred Altstadt	New York, N.Y.	April 28, 2005
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[Signature]	[City, State]	[Date]

Report Type (Check only one.):

- [] 13F HOLDINGS REPORT. (Check here if all holdings of this reporting manager are reported in this report.)
- [X] 13F NOTICE. (Check here if no holdings reported are in this report, and all holdings are reported by other reporting manager(s).)

[_] 13F COMBINATION REPORT. (Check here if a portion of the holdings for this reporting manager are reported in this report and a portion are reported by other reporting manager(s).)

List of Other Managers Reporting for this Manager:
[If there are no entries in this list, omit this section.]

Form 13F File Number	Name
28-4274	Mutual of America Capital Management Corporation
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