

SECURITIES AND EXCHANGE COMMISSION

FORM 497

Definitive materials filed under paragraph (a), (b), (c), (d), (e) or (f) of Securities Act Rule 497

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SUN LIFE OF CANADA U S VARIABLE ACCOUNT F

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**SUN LIFE ASSURANCE COMPANY OF CANADA (U.S.)
SUPPLEMENT DATED JANUARY 5, 2006**

**TO PROSPECTUSES DATED DECEMBER 30, 2005
FOR FUTURITY ACCOLADE, FUTURITY III,
FUTURITY SELECT FOUR PLUS, FUTURITY SELECT INCENTIVE,
FUTURITY SELECT FREEDOM, and FUTURITY SELECT SEVEN**

ISSUED BY SUN LIFE OF CANADA (U.S.) VARIABLE ACCOUNT F

This supplement contains information about the SCSM Value Small Cap Fund (the "Fund").

Effective January 9, 2006, OppenheimerFunds, Inc. will replace OpCap Advisors as the sub-adviser to the Fund. Also on January 9, 2006, the name of the Fund will be changed to SC Oppenheimer Main Street Small Cap Fund.

THIS SUPPLEMENT SHOULD BE READ AND RETAINED FOR FUTURE REFERENCE.