

SECURITIES AND EXCHANGE COMMISSION

FORM 497J

Certification of no change in definitive materials under paragraph (j) of Securities Act Rule 497

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FILER

IDS LIFE ACCOUNT F

CIK: **353965** | IRS No.: **000000000** | Fiscal Year End: **1231**
Type: **497J** | Act: **33** | File No.: **002-73114** | Film No.: **05788700**

Mailing Address
50607 AXP FINANCIAL
CENTER
MINNEAPOLIS MN 55474

Business Address
50607 AXP FINANCIAL
CENTER
MINNEAPOLIS MN 55474
6126713678

May 2, 2005

Securities and Exchange Commission
450 Fifth Street, N.W.
Washington, D.C. 20549-1004

ATTN: Document Control - EDGAR

RE: IDS Life Accounts F, G, H, IZ, JZ, KZ, LZ, MZ, N, PZ, QZ, RZ, SZ and TZ
IDS Life Variable Retirement and Combination Retirement Annuities
File No. 2-73114/811-3217

Dear Commissioners:

Registrant certifies that the form of prospectus and Statement of Additional Information that would have been filed under paragraph (c) of Rule 497 would not have differed from that contained in the most recent Registration Statement or Amendment, and the text of the most recent Registration Statement or Amendment has been filed electronically.

Sincerely

/s/ Mary Ellyn Minenko

Mary Ellyn Minenko
Counsel