

Thrivent ID	Contract number
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☐ Variable Deferred Annuity ☐ Variable Immediate Annuity ☐ Variable Universal Life ☐ Variable Settlement Option

Refer to your prospectus for information about the subaccounts availability.

Do not use this form for a Fixed Period Allocation Renewal Request.

Section 1 - General Information

Name of annuitant/insured (print title, first, middle, last name and suffix, as applicable)

Section 2 - Transfer Information

Transfer From			Transfer To		
<input type="checkbox"/> Transfer 100% of all current subaccounts excluding Fixed Account <input type="checkbox"/> Transfer 100% of all current subaccounts <input type="checkbox"/> Transfer 100% of all subaccounts including the maximum allowable amount from the Fixed Account (If you select one of these options, do not complete the section below. Continue with the Transfer To section.)			percentage total must = 100%		
Subaccount Name	Amount or Percent		Subaccount Name	Amount or Percent	
3 Year Fixed Period Allocation	\$ or %		3 Year Fixed Period Allocation	\$ or %	
5 Year Fixed Period Allocation	\$ or %		5 Year Fixed Period Allocation	\$ or %	
7 Year Fixed Period Allocation	\$ or %		7 Year Fixed Period Allocation	\$ or %	
Fixed Account*	\$ or %		Fixed Account*	\$ or %	
Thrivent Aggressive Allocation Portfolio	\$ or %		Thrivent Aggressive Allocation Portfolio	\$ or %	
Thrivent All Cap Portfolio	\$ or %		Thrivent All Cap Portfolio	\$ or %	
Thrivent Conservative Allocation Portfolio	\$ or %		Thrivent Conservative Allocation Portfolio	\$ or %	
Thrivent Dynamic Allocation Portfolio	\$ or %		Thrivent Dynamic Allocation Portfolio	\$ or %	
Thrivent Emerging Markets Equity Portfolio	\$ or %		Thrivent Emerging Markets Equity Portfolio	\$ or %	
Thrivent ESG Index Portfolio	\$ or %		Thrivent ESG Index Portfolio	\$ or %	
Thrivent Global Stock Portfolio	\$ or %		Thrivent Global Stock Portfolio	\$ or %	
Thrivent Government Bond Portfolio	\$ or %		Thrivent Government Bond Portfolio	\$ or %	
Thrivent Healthcare Portfolio	\$ or %		Thrivent Healthcare Portfolio	\$ or %	
Thrivent High Yield Portfolio	\$ or %		Thrivent High Yield Portfolio	\$ or %	
Thrivent Income Portfolio	\$ or %		Thrivent Income Portfolio	\$ or %	

Thrivent International Equity Portfolio	\$	or	%	Thrivent International Equity Portfolio	\$	or	%
Thrivent International Index Portfolio	\$	or	%	Thrivent International Index Portfolio	\$	or	%
Thrivent Large Cap Growth Portfolio	\$	or	%	Thrivent Large Cap Growth Portfolio	\$	or	%
Thrivent Large Cap Index Portfolio	\$	or	%	Thrivent Large Cap Index Portfolio	\$	or	%
Thrivent Large Cap Value Portfolio	\$	or	%	Thrivent Large Cap Value Portfolio	\$	or	%
Thrivent Mid Cap Growth Portfolio	\$	or	%	Thrivent Mid Cap Growth Portfolio	\$	or	%
Thrivent Mid Cap Index Portfolio	\$	or	%	Thrivent Mid Cap Index Portfolio	\$	or	%
Thrivent Mid Cap Stock Portfolio	\$	or	%	Thrivent Mid Cap Stock Portfolio	\$	or	%
Thrivent Mid Cap Value Portfolio	\$	or	%	Thrivent Mid Cap Value Portfolio	\$	or	%
Thrivent Moderate Allocation Portfolio	\$	or	%	Thrivent Moderate Allocation Portfolio	\$	or	%
Thrivent Moderately Aggressive Allocation Portfolio	\$	or	%	Thrivent Moderately Aggressive Allocation Portfolio	\$	or	%
Thrivent Moderately Conservative Allocation Portfolio	\$	or	%	Thrivent Moderately Conservative Allocation Portfolio	\$	or	%
Thrivent Money Market Portfolio	\$	or	%	Thrivent Money Market Portfolio	\$	or	%
Thrivent Multisector Bond Portfolio	\$	or	%	Thrivent Multisector Bond Portfolio	\$	or	%
Thrivent Real Estate Securities Portfolio	\$	or	%	Thrivent Real Estate Securities Portfolio	\$	or	%
Thrivent Short-Term Bond Portfolio	\$	or	%	Thrivent Short-Term Bond Portfolio	\$	or	%
Thrivent Small Cap Growth Portfolio	\$	or	%	Thrivent Small Cap Growth Portfolio	\$	or	%
Thrivent Small Cap Index Portfolio	\$	or	%	Thrivent Small Cap Index Portfolio	\$	or	%
Thrivent Small Cap Stock Portfolio	\$	or	%	Thrivent Small Cap Stock Portfolio	\$	or	%

*Fixed Account is not available for subaccount transfers on LB VUL contracts.

For AAL and Thrivent Variable Annuities: 25% maximum transfer limit each contract year from the Fixed Account. For LB Variable Annuities: Transfers from the Fixed Account are limited to within 45 days after the contract anniversary.

A market value adjustment (MVA) may apply to transfer from a Fixed Period Allocation.

Transactions are processed as of market close on the day the form is received in good order. If the amount of the subaccount transfer requested is higher than the value of the subaccount due to market fluctuation, the entire value of the subaccount will be transferred. Legal documents for trust, POA, guardian, conservator are not on file with Thrivent, this request may be delayed.

Section 3 - Agreements and Signatures

Signature of owner/controller/assignee*	Date signed
X	

Title (if applicable)

Signature of owner/controller/assignee*	Date signed
X	

Title (if applicable)

Name and code number of representative

***Absolutely Assigned Contracts** - Absolute assignee is:

- 1) Person(s) - individual(s) signature required; or
 - 2) Business Entity - one authorized signer's signature is required. Business Entity Authorization (form 23438) must be on file; or
 - 3) Qualified Retirement Plan - plan trustee(s) signature is required. Qualified Retirement Plan Certification (form 24742) must be on file.
- 457 plans and nonqualified deferred compensation plans require Business Entity Authorization (form 23438) on file.

Collaterally Assigned Contracts - Owner and collateral assignee; one officer's signature and title for a corporation, church, or partnership.

Irrevocable Beneficiary - All irrevocable beneficiaries signatures are required if the contract(s) contains irrevocable beneficiaries. If copies of supporting legal documents for trust, POA, guardian, conservator are not on file with Thrivent, this request may be delayed.