THRIVENT FINANCIAL®
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Subaccount Transfer Selection

Member ID	Contract number

Refer to your prospectus for information about the subaccounts availability.

Section 1 - General Information

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

Section 2 - Transfer Information

Transfer From	Transfer To
☐ Transfer 100% of all current subaccounts excluding Fixed Account ☐ Transfer 100% of all current subaccounts ☐ 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
American Funds IS® Global Growth	$ or %	American Funds IS® Global Growth	$ or %
American Funds IS® Growth-Income	$ or %	American Funds IS® Growth-Income	$ or %
American Funds IS® International	$ or %	American Funds IS® International	$ or %
BlackRock Total Return V.I.	$ or %	BlackRock Total Return V.I.	$ or %
DFA VA International Small	$ or %	DFA VA International Small	$ or %
DFA VA U.S. Targeted Value	$ or %	DFA VA U.S. Targeted Value	$ or %
Fidelity® VIP Emerging Markets	$ or %	Fidelity® VIP Emerging Markets	$ or %
Fidelity® VIP International Capital Appreciation	$ or %	Fidelity® VIP International Capital Appreciation	$ or %
Fidelity® VIP Value	$ or %	Fidelity® VIP Value	$ or %
Janus Henderson Enterprise	$ or %	Janus Henderson Enterprise	$ or %
John Hancock Core Bond Trust	$ or %	John Hancock Core Bond Trust	$ or %
John Hancock International Equity Index Trust B	$ or %	John Hancock International Equity Index Trust B	$ or %
John Hancock Strategic Income Opportunities Trust	$ or %	John Hancock Strategic Income Opportunities Trust	$ or %
MFS® Blended Research® Core Equity	$ or %	MFS® Blended Research® Core Equity	$ or %
MFS® Corporate Bond	$ or %	MFS® Corporate Bond	$ or %
MFS® Global Real Estate	$ or %	MFS® Global Real Estate	$ or %
MFS® International Value	$ or %	MFS® International Value	$ or %
MFS® Mid Cap Value	$ or %	MFS® Mid Cap Value	$ or %

MFS® Technology	$	or	%	MFS® Technology	$	or	%
MFS® Value Series	$	or	%	MFS® Value Series	$	or	%
PIMCO VIT Emerging Markets Bond	$	or	%	PIMCO VIT Emerging Markets Bond	$	or	%
PIMCO VIT Global Bond (Unhedged)	$	or	%	PIMCO VIT Global Bond (Unhedged)	$	or	%
PIMCO VIT Long-Term U.S. Government	$	or	%	PIMCO VIT Long-Term U.S. Government	$	or	%
PIMCO VIT Real Return	$	or	%	PIMCO VIT Real Return	$	or	%
Principal Diversified International	$	or	%	Principal Diversified International	$	or	%
Principal Government & High Quality Bond	$	or	%	Principal Government & High Quality Bond	$	or	%
Principal Small Cap	$	or	%	Principal Small Cap	$	or	%
Templeton Global Bond VIP	$	or	%	Templeton Global Bond VIP	$	or	%
Thrivent Balanced Income Plus	$	or	%	Thrivent Balanced Income Plus	$	or	%
Thrivent Diversified Income Plus	$	or	%	Thrivent Diversified Income Plus	$	or	%
Thrivent Growth and Income Plus	$	or	%	Thrivent Growth and Income Plus	$	or	%
Thrivent High Yield	$	or	%	Thrivent High Yield	$	or	%
Thrivent Income	$	or	%	Thrivent Income	$	or	%
Thrivent Large Cap Growth	$	or	%	Thrivent Large Cap Growth	$	or	%
Thrivent Large Cap Index	$	or	%	Thrivent Large Cap Index	$	or	%
Thrivent Large Cap Stock	$	or	%	Thrivent Large Cap Stock	$	or	%
Thrivent Large Cap Value	$	or	%	Thrivent Large Cap Value	$	or	%
Thrivent Limited Maturity Bond	$	or	%	Thrivent Limited Maturity Bond	$	or	%
Thrivent Low Volatility Equity	$	or	%	Thrivent Low Volatility Equity	$	or	%
Thrivent Mid Cap Index	$	or	%	Thrivent Mid Cap Index	$	or	%
Thrivent Mid Cap Stock	$	or	%	Thrivent Mid Cap Stock	$	or	%
Thrivent Money Market	$	or	%	Thrivent Money Market	$	or	%
Thrivent Multidimensional Income	$	or	%	Thrivent Multidimensional Income	$	or	%
Thrivent Opportunity Income Plus	$	or	%	Thrivent Opportunity Income Plus	$	or	%
Thrivent Partner All Cap	$	or	%	Thrivent Partner All Cap	$	or	%
Thrivent Partner Emerging Markets Equity	$	or	%	Thrivent Partner Emerging Markets Equity	$	or	%
Thrivent Partner Growth Stock	$	or	%	Thrivent Partner Growth Stock	$	or	%
Thrivent Partner Healthcare	$	or	%	Thrivent Partner Healthcare	$	or	%
Thrivent Partner Worldwide Allocation	$	or	%	Thrivent Partner Worldwide Allocation	$	or	%
Thrivent Real Estate Securities	$	or	%	Thrivent Real Estate Securities	$	or	%
Thrivent Small Cap Index	$	or	%	Thrivent Small Cap Index	$	or	%
Thrivent Small Cap Stock	$	or	%	Thrivent Small Cap Stock	$	or	%
Vanguard® VIF Capital Growth	$	or	%	Vanguard® VIF Capital Growth	$	or	%
Vanguard® VIF International	$	or	%	Vanguard® VIF International	$	or	%
Vanguard® VIF Short-Term Investment-Grade	$	or	%	Vanguard® VIF Short-Term Investment-Grade	$	or	%
Vanguard® VIF Small Company Growth	$	or	%	Vanguard® VIF Small Company Growth	$	or	%

Vanguard® VIF Total Bond Market Index	$ or %	Vanguard® VIF Total Bond Market Index	$ or %
Vanguard® VIF Total Stock Market Index	$ or %	Vanguard® VIF Total Stock Market Index	$ or %
Fixed Account	$ ____ or ___ %	Fixed Account	$ ____ or ___ %

For AdvisorFlex Variable Annuity: $10,000 or 50% of the fixed account, value at the time of first surrender in that contract year, whichever is greater.

Section 3 - Agreements and Signatures

Signature of owner/controller/assignee* **X**	Date signed
Title (if applicable)	
Signature of owner/controller/assignee* **X**	Date signed
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 Financial, this request may be delayed.

This form may be used for Thrivent Life Insurance Company (Minneapolis, MN 55415), a wholly owned subsidiary of Thrivent Financial for Lutherans. If used in this form, "Thrivent Financial" refers to Thrivent Financial for Lutherans and Thrivent Life Insurance Company.