WHITFIELD HARLEY A

Form 5

February 12, 2010 **FORM 5**

_		TATES SECUR				GE CO	OMMISSION	OMB Number:	3235-0362	
Check this no longer		shington, D.C. 20549					Expires:	January 31, 2005		
to Section Form 4 or 5 obligation may contin	Form ANNU ons nue.		ENT OF CHANGES IN BENEFICIAL RSHIP OF SECURITIES					Estimated average burden hours per response 1.		
See Instruction 1(b). Form 3 How Reported Form 4 Transaction Reported	Filed purs Pldings Section 17(a	uant to Section 10) of the Public Ut 30(h) of the In	ility Holding	g Compa	ny A	ct of	1935 or Sectio	n		
WHITFIELD HARLEY A Symbol AMER			Name and Ticker or Trading ICAN EQUITY TMENT LIFE HOLDING EL]				5. Relationship of Issuer (Chec _X_ Director	e) • Owner		
(Last)	(Last) (First) (Middle) 3. Statemen (Month/Day 12/31/200			•				title Other (specify below)		
6000 WEST	OWN PARKWA									
	(Street)		ndment, Date (ath/Day/Year)	Original			6. Individual or Jo	oint/Group Rep		
	MOINES, IAÂ						_X_ Form Filed by Form Filed by I Person	One Reporting P More than One R		
(City)	(State) (Z	Zip) Tabl	e I - Non-Deri	vative Sec	uritie	s Acqu	ired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securit Acquired Disposed (Instr. 3,	(A) o l of (D)	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock	Â	Â	Â	Â	Â	Â	22,000	D	Â	
	ort on a separate line f						llection of infor		SEC 2270 (9-02)	

 $\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

the form displays a currently valid OMB control number.

OMB APPROVAL

Edgar Filing: WHITFIELD HARLEY A - Form 5

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8 I S (
					(Instr 4, an	r. 3,	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Options - Right to Buy	\$ 5.85	Â	Â	Â	Â		06/04/2012	06/04/2019	Common Stock	10,000	
Options - Right to Buy	\$ 10.85	Â	Â	Â	Â	Â	06/11/2011	06/11/2018	Common Stock	10,000	
Options - Right to Buy	\$ 10.77	Â	Â	Â	Â	Â	06/30/2005	12/31/2014	Common Stock	1,000	
Options - Right to Buy	\$ 11	Â	Â	Â	Â	Â	06/10/2004	06/10/2014	Common Stock	1,000	
Options - Right to Buy	\$9	Â	Â	Â	Â	Â	12/04/2003	12/04/2013	Common Stock	1,000	

Reporting Owners

Reporting Owner Name / Address	Relationships						
•	Director	10% Owner	Officer	Other			
WHITFIELD HARLEY A 6000 WESTOWN PARKWAY WEST DES MOINES, IA 50266	ÂX	Â	Â	Â			

Signatures

Debra J. Richardson, by Power of Attorney 02/12/2010

**Signature of Reporting Person

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a). Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, *see* Instruction 6 for procedure.

Date

Reporting Owners 2

Edgar Filing: WHITFIELD HARLEY A - Form 5

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.