

# PROSPECTUS SUPPLEMENT

## RELIASTAR LIFE INSURANCE COMPANY OF NEW YORK

and its

### Reliastar Life Insurance Company of New York Variable Annuity Funds M, P, Q

**This supplement updates and amends certain information contained in your prospectus. Please read it carefully and keep it with your product prospectus for future reference.**

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#### **Information about the ING FMR<sup>SM</sup> Large Cap Growth Portfolio is amended as follows:**

Effective January 31, 2008, the ING FMR<sup>SM</sup> Large Cap Growth Portfolio will be renamed ING Van Kampen Large Cap Growth Portfolio and Morgan Stanley Investment Management, Inc. (d/b/a Van Kampen) will replace Fidelity Management & Research Co. as subadviser. Accordingly, all references to ING FMR<sup>SM</sup> Large Cap Growth Portfolio are to be replaced with ING Van Kampen Large Cap Growth Portfolio and the prospectus is to be revised to reflect the new subadvisory arrangement.