

**SENTRY LIFE INSURANCE COMPANY**  
Sentry Variable Life Account I – Self-Directed Life

Supplement dated February 1, 2022  
Prospectus dated April 29, 2021

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

Effective February 1, 2022, the following underlying mutual fund has been added as an investment option under the contract\policy:

**Vanguard Money Market Portfolio**

**Investment Advisor:** Vanguard Fixed Income Group

**Investment Objective:** Seeks to provide current income while maintaining liquidity and a stable share price of \$1.