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SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT
PURSUANT TO SECTION 13 OR 15(d) OF
THE SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of Earliest Event Reported): July 23, 2004

REINSURANCE GROUP OF AMERICA, INCORPORATED
(Exact Name of Registrant as Specified in its Charter)

MISSOURI

1-11848

43-1627032

(State or other Jurisdiction of
Incorporation)

(Commission File
Number)

(IRS Employer
Identification Number)

1370 TIMBERLAKE MANOR PARKWAY
CHESTERFIELD, MISSOURI 63017

(Address of Principal Executive Office)

(636) 736-7000

(Registrant's telephone number, including area code)

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ITEM 5. OTHER EVENTS

On July 23, 2004, Reinsurance Group of America, Incorporated ("RGA") issued a press release announcing the retirement of director Stewart G. Nagler, and the election of director Leland C. Launer, Jr. as chairman of the board. A copy of this press release is included as Exhibit 99.1 to this Current Report and incorporated herein by reference.

ITEM 7. FINANCIAL STATEMENTS AND EXHIBITS

- (a) Not Applicable.
- (b) Not Applicable.
- (c) Exhibits.

99.1 Press Release of Reinsurance Group of America, Incorporated dated July 23, 2004.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Reinsurance Group Of America, Incorporated

Date: July 23, 2004

By: /s/ Jack B. Lay

Name: Jack B. Lay

Title: Executive Vice President and
Chief Financial Officer

EXHIBIT INDEX

Exhibit No. -----	Description -----
99.1	Press Release of Reinsurance Group of America, Incorporated dated July 23, 2004.

[RGA logo]

For further information, contact
John Hayden
(636) 736-7243

FOR IMMEDIATE RELEASE

REINSURANCE GROUP OF AMERICA, INCORPORATED
ELECTS LAUNER CHAIRMAN OF THE BOARD

ST. LOUIS, July 23, 2004 - The board of directors of Reinsurance Group of America, Incorporated (NYSE: RGA) elected Leland C. Launer, Jr. chairman of the board, succeeding Stewart G. Nagler who retired from RGA's board, effective today.

Mr. Launer has been a director of RGA since 2003, and serves as Executive Vice President and Chief Investment Officer of MetLife, Inc., responsible for the company's investment portfolio. He also is a member of MetLife's Executive Group and serves on the boards of several MetLife affiliates.

MetLife, Inc. beneficially owns approximately 52 percent of RGA's outstanding common shares.

Reinsurance Group of America, Incorporated, through its subsidiaries, RGA Reinsurance Company and RGA Life Reinsurance Company of Canada, is among the largest providers of life reinsurance in North America. In addition to its U.S. and Canadian operations, Reinsurance Group of America, Incorporated has subsidiary companies, branch offices or representative offices in Australia, Barbados, Hong Kong, India, Ireland, Japan, Mexico, South Africa, South Korea, Spain, Taiwan and the United Kingdom. Worldwide, as of March 31, 2004, the Company had approximately \$1.3 trillion of life reinsurance in force, and assets of \$12.7 billion.

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