



MFS[®] VARIABLE INSURANCE TRUSTSM

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Prospectus

Initial Class

MFS[®] NEW DISCOVERY SERIES

This Prospectus describes one series of the MFS Variable Insurance Trust (referred to as the trust), which offers Initial Class shares.

1. MFS New Discovery Series seeks capital appreciation (referred to as the New Discovery Series).

The Securities and Exchange Commission has not approved or disapproved the series' shares or determined whether this prospectus is accurate or complete. Anyone who tells you otherwise is committing a crime.

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The trust offers Initial Class shares of its 16 series to separate accounts established by insurance companies in order to serve as investment vehicles for variable annuity and variable life insurance contracts, to qualified pension and retirement plans and to other eligible investors. Each of these series is managed by Massachusetts Financial Services Company (referred to as MFS or the adviser). One of these is described below.

I EXPENSE SUMMARY

▶ Expense Table

This table describes the fees and expenses that you may pay when you hold initial class shares of each series. These expenses do *not* take into account the fees and expenses imposed by the investment vehicle through which an investment in a series is made. If these fees and expenses were included, expenses shown would be higher.

Annual Series Operating Expenses (expenses that are deducted from a series' assets):

	New Discovery Series
Management Fee	0.90%
Other Expenses ⁽¹⁾	0.16%
Total Annual Series Operating Expenses ⁽¹⁾	1.06%
Fee Reductions	N/A
Net Expenses ⁽¹⁾	1.06%

(1) Each series has an expense offset arrangement that reduces the series' custodian fee based upon the amount of cash maintained by the series with its custodian and dividend disbursing agent, and may have entered into brokerage arrangements that reduced or recaptured series' expenses. Any such fee reductions are not reflected in the table. Had these fee reductions been taken into account, "Net Expenses" would be lower.

▶ Example of Expenses—Initial Class

These examples are intended to help you compare the cost of investing in the series with the cost of investing in other mutual funds. These examples do not take into account the fees and expenses imposed by the investment vehicle through which your investment in a series is made. If these fees and expenses were included, expenses shown would be higher.

This example assumes that:

- You invest \$10,000 in the series for the time periods indicated and you redeem your shares at the end of the time periods;
- Your investment has a 5% return each year and dividends and other distributions are reinvested; and
- The series' operating expenses remain the same, except that total operating expenses are assumed to be the series' "Net Expenses" for the period during which any written fee reductions are in effect (see "Expense Summary—Expense Table" above).

Although your actual costs may be higher or lower, under these assumptions your costs would be:

	Period			
	1 Year	3 Years	5 Years	10 Years
New Discovery Series	\$108	\$337	\$585	\$1,294

