

Semiannual Report

June 30, 2022



MFS[®] Utilities Series

MFS[®]

CONTENTS

Letter from the Chair and CEO	1
Portfolio composition	2
Expense table	3
Portfolio of investments	4
Statement of assets and liabilities	7
Statement of operations	8
Statements of changes in net assets	9
Financial highlights	10
Notes to financial statements	12
Statement regarding liquidity risk management program	20
Proxy voting policies and information	21
Quarterly portfolio disclosure	21
Further information	21
Information about fund contracts and legal claims	21

The report is prepared for the general information of contract owners. It is authorized for distribution to prospective investors only when preceded or accompanied by a current prospectus.

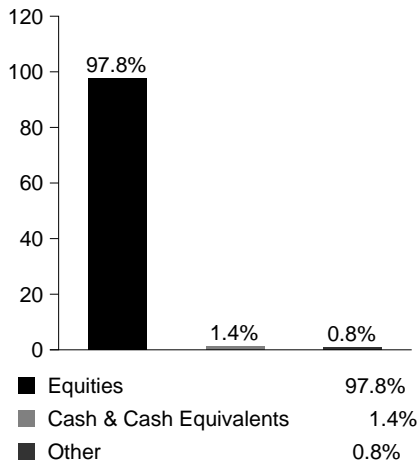
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Dear Contract Owners:

Global markets have recently been buffeted by a series of crosscurrents, including rising inflation, tighter financial conditions, the continued spread of the coronavirus (particularly in Asia), and evolving geopolitical tensions in the wake of Russia's invasion of Ukraine. Consequently, at a time when global growth faces multiple headwinds, central banks have been

PORTFOLIO COMPOSITION

Portfolio structure



Top five industries

Utilities-Electric Power	81.8%
Energy - Renewables	5.1%
Telecommunications - Wireless	5.0%
Natural Gas - Distribution	3.3%
Cable TV	1.9%

Top ten holdings

NextEra Energy, Inc.	11.6%
Dominion Energy, Inc.	5.2%
Sempra Energy	5.2%
Southern Co.	4.8%
Exelon Corp.	3.7%
PG&E Corp.	3.7%
American Electric Power Co., Inc.	3.5%
EDP Renovaveis S.A.	3.4%
DTE Energy Co.	3.4%
Edison International	3.1%

Where the fund holds convertible bonds, they are treated as part of the equity portion of the portfolio.

Cash & Cash Equivalents includes any cash, investments in money market funds, short-term securities, and other assets less liabilities. Please refer to the Statement of Assets and Liabilities for additional information related to the fund's cash position and other assets and liabilities.

Other includes equivalent exposure from currency derivatives and/or any offsets to derivative positions and may be negative.

Percentages are based on net assets as of June 30, 2022.

The portfolio is actively managed and current holdings may be different.

EXPENSE TABLE

Fund Expenses Borne by the Contract Holders during the Period,
January 1, 2022 through June 30, 2022

As a contract holder of the fund, you incur ongoing costs, including management fees; distribution and/or service (12b-1) fees; and other fund expenses. This example is intended to help you understand your ongoing costs (in dollars) of investing in the fund and to compare these costs with the ongoing costs of investing in other mutual funds.

The example is based on an investment of \$1,000 invested at the beginning of the period and held for the entire period January 1, 2022 through June 30, 2022.

Actual Expenses

The first line for each share class in the following table provides information about actual account values and actual expenses. You may use the information in this line, together with the amount you invested, to estimate the expenses that you paid over the period. Simply divide your account value by \$1,000 (for example, an \$8,600 account value divided by \$1,000 = 8.6), then multiply the result by the number in the first line under the heading entitled "Expenses Paid During Period" to estimate the expenses you paid on your account during this period.

Hypothetical Example for Comparison Purposes

The second line for each share class in the following table provides information about hypothetical account values and hypothetical expenses based on the fund's actual expense ratio and an assumed rate of return of 5% per year before expenses, which is not the fund's actual return. The hypothetical account values and expenses may not be used to estimate the actual ending account balance or expenses you paid for the period. You may use this information to compare the ongoing costs of investing in the fund and other funds. To do so, compare this 5% hypothetical example with the 5% hypothetical examples that appear in the shareholder reports of the other funds.

Please note that the expenses shown in the table are meant to highlight the fund's ongoing costs only and do not take into account the fees and expenses imposed under the variable contracts through which your investment in the fund is made. Therefore, the second line for each share class in the table is useful in comparing ongoing costs associated with an investment in vehicles (such as the fund) which fund benefits under variable annuity and variable life insurance contracts and to qualified pension and retirement plans only, and will not help you determine the relative total costs of investing in the fund through variable annuity and variable life insurance contracts. If the fees and expenses imposed under the variable contracts were included, your costs would have been higher.

Share Class		Annualized Expense Ratio	Beginning Account Value 1/01/22	Ending Account Value 6/30/22	Expenses Paid During Period (p) 1/01/22-6/30/22
Initial Class	Actual	0.77%	\$1,000.00	\$959.54	\$3.74
	Hypothetical (h)	0.77%	\$1,000.00	\$1,020.98	\$3.86
Service Class	Actual	1.02%	\$1,000.00	\$958.22	\$4.95
	Hypothetical (h)	1.02%	\$1,000.00	\$1,019.74	\$5.11

(h) 5% class return per year before expenses.

(p) "Expenses Paid During Period" are equal to each class's annualized expense ratio, as shown above, multiplied by the average account value over the period, multiplied by 181/365 (to reflect the one-half year period).

MFS Utilities Series

Portfolio of Investments (unaudited) ... continued

Forward Foreign Currency Exchange Contracts - continued

	Currency Purchased	Currency Sold		Counterparty	Settlement Date	Unrealized Appreciation (Depreciation)
Asset Derivatives - continued						
USD	15,739,587	CAD	19,720,565	Merrill Lynch International	7/15/2022	\$ 418,000
USD	87,516,315	EUR	79,482,249	BNP Paribas S.A.	7/15/2022	4,169,000
USD	1,311,140	EUR	1,236,325	Brown Brothers Harriman	7/15/2022	14,000
USD	1,451,552	EUR	1,362,255	Citibank N.A.	7/15/2022	23,000
USD	206,561	EUR	196,954	HSBC Bank	7/15/2022	3,000
USD	64,239,667	EUR	58,647,884	JPMorgan Chase Bank N.A.	7/15/2022	2,740,000
USD	1,450,669	EUR	1,340,492	Morgan Stanley Capital Services, Inc.	7/15/2022	4,000
USD	3,747,405	GBP	2,989,000	BNP Paribas S.A.	7/15/2022	108,000
USD	241,875	GBP	191,943	Brown Brothers Harriman	7/15/2022	8,100
USD	32,058,710	GBP	24,446,862	Deutsche Bank AG	7/15/2022	2,295,000
USD	3,095,417	GBP	2,359,934	Merrill Lynch International	7/15/2022	222,000
USD	1,298,380	GBP	1,065,603	State Street Bank Corp.	7/15/2022	1,000
						<u>\$10,083,982</u>
Liability Derivatives						
CAD	1,107,491	USD	866,032	Brown Brothers Harriman	7/15/2022	\$ (5,600)
CAD	84,620	USD	67,735	Deutsche Bank AG	7/15/2022	(1,900)
CAD	766,813	USD	595,995	HSBC Bank	9/21/2022	(18,000)
CAD	979,871	USD	774,843	Merrill Lynch International	7/15/2022	(13,500)
CAD	655,485	USD	509,554	State Street Bank Corp.	7/15/2022	(3,000)
EUR	284,735	USD	298,760	BNP Paribas S.A.	7/15/2022	(1,000)
EUR	366,065	USD	387,111	Brown Brothers Harriman	7/15/2022	(3,200)
EUR	140,156	USD	154,782	Citibank N.A.	7/15/2022	(7,800)
EUR	622,033	USD	681,151	Deutsche Bank AG	7/15/2022	(28,800)
EUR	23,350	USD	25,571	Morgan Stanley Capital Services, Inc.	7/15/2022	(1,000)
GBP	2,840,501	USD	3,487,687	Brown Brothers Harriman	7/15/2022	(29,000)
GBP	113,795	USD	148,715	Deutsche Bank AG	7/15/2022	(10,100)
GBP	2,200,547	USD	2,776,453	Merrill Lynch International	7/15/2022	(97,300)
USD	620,031	EUR	592,045	State Street Bank Corp.	7/15/2022	(7,000)
						<u>\$ (200,721)</u>

See Notes to Financial Statements

FINANCIAL STATEMENTS STATEMENT OF ASSETS AND LIABILITIES (unaudited)

This statement represents your fund's balance sheet, which details the assets and liabilities comprising the total value of the fund.

At 6/30/22

Assets	
Investments in unaffiliated issuers, at value (identified cost, \$908,069,807)	\$1,186,252
Investments in affiliated issuers, at value (identified cost, \$8,601,429)	8,601,381
Cash	198,188
Receivables for	
Forward foreign currency exchange contracts	10,083,982
Investments sold	8,049,903
Fund shares sold	58,140
Dividends	2,623,853
Other assets	2,233
Total assets	\$1,215,869,910
Liabilities	
Payables for	
Forward foreign currency exchange contracts	\$200,721
Investments purchased	1,793,942
Fund shares reacquired	921,809
Payable to affiliates	
Investment adviser	48,303
Administrative services fee	1,165
Shareholder servicing costs	773
Distribution and/or service fees	9,202
Accrued expenses and other liabilities	295,550
Total liabilities	\$3,271,465
Net assets	\$1,212,598,445
Net assets consist of	
Paid-in capital	\$791,895,354
Total distributable earnings (loss)	420,703,091
Net assets	\$1,212,598,445
Shares of beneficial interest outstanding	33,371,807

	Net assets	Shares outstanding	Net asset value per share
Initial Class	\$541,035,752	14,719,700	\$36.76
Service Class	671,562,693	18,652,107	36.00

See Notes to Financial Statements

FINANCIAL STATEMENTS STATEMENT OF OPERATIONS (unaudited)

This statement describes how much your fund earned in investment income and accrued in expenses. It also describes any gains and/or losses generated by fund operations.

Six months ended 6/30/22

Net investment income (loss)

Income	
Dividends	\$18,071,139
Other	31,851
Dividends from affiliated issuers	13,061
Income on securities loaned	6,332
Foreign taxes withheld	(576,498)
Total investment income	\$17,545,885
Expenses	
Management fee	\$4,630,200
Distribution and/or service fees	864,130
Shareholder servicing costs	30,403
Administrative services fee	99,456
Independent Trustees' compensation	9,761
Custodian fee	68,286
Shareholder communications	40,668
Audit and tax fees	30,809
Legal fees	2,760
Miscellaneous	20,820
Total expenses	\$5,797,293
Reduction of expenses by investment adviser	(88,170)
Net expenses	\$5,709,123
Net investment income (loss)	\$11,836,762
Realized and unrealized gain (loss)	
Realized gain (loss) (identified cost basis)	
Unaffiliated issuers (net of \$273,402 country tax)	\$40,615,466
Affiliated issuers	(907)
Forward foreign currency exchange contracts	10,785,650
Foreign currency	(55,113)
Net realized gain (loss)	\$51,345,096
Change in unrealized appreciation or depreciation	
Unaffiliated issuers (net of \$311,433 decrease in deferred country tax)	\$(123,562)
Affiliated issuers	(48)
Forward foreign currency exchange contracts	6,349,502
Translation of assets and liabilities in foreign currencies	(105,462)
Net unrealized gain (loss)	\$(117,318,262)
Net realized and unrealized gain (loss)	\$(65,973,166)
Change in net assets from operations	\$(54,136,404)
See Notes to Financial Statements	

FINANCIAL STATEMENTS | STATEMENTS OF CHANGES IN NET ASSETS

These statements describe the increases and/or decreases in net assets resulting from operations, any distributions, and any shareholder transactions

	Six months ended 6/30/22 (unaudited)	Year ended 12/31/21
Change in net assets		
From operations		
Net investment income (loss)	\$11,836,762	\$24,809,395
Net realized gain (loss)	51,345,096	37,084,768
Net unrealized gain (loss)	(117,318,262)	100,375,768
Change in net assets from operations	\$(54,136,404)	\$162,269,931
Total distributions to shareholders	\$—	\$(61,909,232)
Change in net assets from fund share transactions		\$(29,348,140)
Total change in net assets	\$(83,484,544)	\$79,213,644
Net assets		
At beginning of period	1,296,082,989	1,216,869,345
At end of period	\$1,212,598,445	\$1,296,082,989
See Notes to Financial Statements		

FINANCIAL STATEMENTS | FINANCIAL HIGHLIGHTS

Financial Highlights - continued

Service Class	Six months ended 6/30/22 (unaudited)	Year ended					
		12/31/21	12/31/20	12/31/19	12/31/18	12/31/17	
Net asset value, beginning of period	\$37.58	\$34.69	\$34.56	\$28.86	\$28.98	\$26.00	
Income (loss) from investment operations							
Net investment income (loss) (d)	\$0.33	\$0.68	\$0.77	\$0.80	\$0.81	\$0.77	
Net realized and unrealized gain (loss)	(1.91)	4.03	0.97	6.27	(0.56)	3.81	
Total from investment operations	\$(1.58)	\$4.71	\$1.74	\$7.07	\$0.25	\$3.81	
Less distributions declared to shareholders							
From net investment income	\$—	\$(0.56)	\$(0.74)	\$(1.27)	\$(0.25)	\$(1.27)	
From net realized gain	—	(1.26)	(0.87)	(0.10)	(0.12)	—	
Total distributions declared to shareholders	\$—	\$(1.82)	\$(1.61)	\$(1.37)	\$(0.37)	\$(1.27)	
Net asset value, end of period (x)	\$36.00	\$37.58	\$34.69	\$34.56	\$28.86	\$28.86	
Total return (%) (k)(r)(s)(x)	(4.20)(n)	13.82	5.62	24.80	0.81	14.40	
Ratios (%) (to average net assets) and Supplemental data:							
Expenses before expense reductions	1.04(a)	1.04	1.05	1.04	1.04	1.04	
Expenses after expense reductions	1.02(a)	1.02	1.04	1.03	1.03	1.03	
Net investment income (loss)	1.78(a)	1.91	2.38	2.44	2.76	2.53	
Portfolio turnover	16(n)	16	32	28	27	27	
Net assets at end of period (000 omitted)	\$671,563	\$711,867	\$679,629	\$733,992	\$727,201	\$1,020,000	

(a) Annualized.

(d) Per share data is based on average shares outstanding.

(k) The total return does not reflect expenses that apply to separate accounts. Inclusion of these charges would reduce the total return figures for all periods shown.

(n) Not annualized.

(r) Certain expenses have been reduced without which performance would have been lower.

(s) From time to time the fund may receive proceeds from litigation settlements, without which performance would be lower.

(x) The net asset values and total returns have been calculated on net assets which include adjustments made in accordance with U.S. generally accepted accounting principles required at period end for financial reporting purposes.

See Notes to Financial Statements

NOTES TO FINANCIAL STATEMENTS (unaudited)

(1) Business and Organization

MFS Utilities Series (the fund) is a diversified series of MFS Variable Insurance Trust (the trust). The trust is organized as a Massachusetts business trust and is registered under the Investment Company Act of 1940, as amended, as an open-end management investment company. The shareholders of each series of the trust are separate accounts of insurance companies, which offer variable annuity and/or life insurance products, and qualified retirement and pension plans.

The fund is an investment company and accordingly follows the investment company accounting and reporting guidance of the Financial Accounting Standards Board (FASB) Accounting Standards Codification Topic 946 Financial Services - Investment Companies.

(2) Significant Accounting Policies

General — The preparation of financial statements in conformity with U.S. generally accepted accounting principles requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities, and disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of increases and decreases in net assets from operations during the reporting period. Actual results could differ from those estimates. In the preparation of these financial statements, management has evaluated subsequent events occurring after the date of the fund's Statement of Assets and Liabilities through the date that the financial statements were issued. The fund invests primarily in securities of issuers in the utility industry. Issuers in a single industry can react similarly to market, currency, political, economic, regulatory, geopolitical, environmental, public health, and other conditions. The value of stocks in the utilities sector can be very volatile due to supply and/or demand for services or fuel, financing costs, conservation efforts, the negative impact of regulation, and other factors. The fund invests in foreign securities. Investments in foreign securities are vulnerable to the effects of changes in the relative values of the local currency and the U.S. dollar and to the effects of changes in each country's market, economic, industrial, political, regulatory, geopolitical, environmental, public health, and other conditions.

In June 2022, the FASB issued Accounting Standards Update 2022-03, Fair Value Measurement (Topic 820) – Fair Value Measurement of Equity Securities Subject to Contractual Sale Restrictions ("ASU 2022-03"), which affects all entities that have investments in equity securities measured at fair value that are subject to contractual sale restrictions. ASU 2022-03 clarifies that a contractual restriction on the sale of an equity security is a characteristic of the reporting entity holding the equity security rather than a characteristic of the asset and, therefore, is not considered in measuring the fair value of the equity security. The fund decided to early adopt ASU 2022-03 effective as of June 30, 2022 as the guidance in ASU 2022-03 was consistent with the fund's existing practices for fair value measurement.

Balance Sheet Offsetting — The fund's accounting policy with respect to balance sheet offsetting is that, absent an event of default by the counterparty or a termination of the agreement, the International Swaps and Derivatives Association (ISDA) Master Agreement, or similar agreement, does not result in an offset of reported amounts of financial assets and financial liabilities in the Statement of Assets and Liabilities across transactions between the fund and the applicable counterparty. The fund's right to setoff may be restricted or prohibited by the bankruptcy or insolvency laws of the particular jurisdiction to which a specific master netting agreement counterparty is subject. Balance sheet offsetting disclosures, to the extent applicable to the fund, have been included in the fund's Significant Accounting Policies note under the captions for each of the fund's in-scope financial instruments and transactions.

Investment Valuations — Equity securities, including restricted equity securities, are generally valued at the last sale or official closing price on their primary market or exchange as provided by a third-party pricing service. Equity securities, for which there were no sales reported that day, are generally valued at the last quoted daily bid quotation on their primary market or exchange as provided by a third-party pricing service. Short-term instruments with a maturity at issuance of 60 days or less may be valued at amortized cost, which approximates market value. Forward foreign currency exchange contracts are generally valued at the mean of bid and asked prices for the time period interpolated from rates provided by a third-party pricing service for proximate time periods. Open-end investment companies are generally valued at net asset value per share. Securities and other assets generally valued on the basis of information from a third-party pricing service may also be valued at a broker/dealer bid quotation. In determining values, third-party pricing services can utilize both transaction data and market information such as yield, quality, coupon rate, maturity, type of issue, trading characteristics, and other market data. The values of foreign securities and other assets and liabilities expressed in foreign currencies are converted to U.S. dollars using the mean of bid and asked prices for rates provided by a third-party pricing service.

The Board of Trustees has delegated primary responsibility for determining or causing to be determined the value of the fund's investments (including any fair valuation) to the adviser pursuant to valuation policies and procedures approved by the Board. If the adviser determines that reliable market quotations are not readily available, investments are valued at fair value as determined in good faith by the adviser in accordance with such procedures under the oversight of the Board of Trustees. Under the fund's

valuation policies and procedures, market quotations are not considered to be readily available for most types of debt instruments and floating rate loans and many types of derivatives. These investments are generally valued at fair value based on information from third-party pricing services. In addition, investments may be valued at fair value if the adviser determines that an investment's value has been materially affected by events occurring after the close of the exchange or market on which the investment is principally traded (such as foreign exchange or market) and prior to the determination of the fund's net asset value, or after the halt of trading of a specific security where trading does not resume prior to the close of the exchange or market on which the security is principally traded. Events that occur after foreign markets close (such as developments in foreign markets and significant movements in the U.S. markets) and prior to the determination of the fund's net asset value may be deemed to have a material effect on the value of securities traded in foreign markets. Accordingly, the fund's foreign equity securities may often be valued at fair value. The adviser generally relies on third-party pricing services or other information (such as the correlation with price movements of similar securities in the same or other markets; the type, cost and investment characteristics of the security; the business and financial condition of the issuer; and trading and other market data) to assist in determining whether to fair value and at what value to fair value an

MFS Utilities Series

Notes to Financial Statements (unaudited) - continued

The following table presents, by major type of derivative contract, the fair value, on a gross basis, of the asset and liability components of derivatives held by the fund at June 30, 2022 as reported in the Statement of Assets and Liabilities:

Risk	Derivative Contracts	Fair Value	
		Asset Derivatives	Liability Derivatives
Foreign Exchange	Forward Foreign Currency Exchange Contracts	\$10,083,092	\$ (20,000,000)

The following table presents, by major type of derivative contract, the realized gain (loss) on derivatives held by the fund for the six months ended June 30, 2022 as reported in the Statement of Operations:

Risk	Forward Foreign Currency Exchange Contracts
Foreign Exchange	\$10,785,650

The following table presents, by major type of derivative contract, the change in unrealized appreciation or depreciation on derivatives held by the fund for the six months ended June 30, 2022 as reported in the Statement of Operations:

Risk	Forward Foreign Currency Exchange Contracts
Foreign Exchange	\$6,349,502

Derivative counterparty credit risk is managed through formal evaluation of the creditworthiness of all potential counterparties. On certain, but not all, uncleared derivatives, the fund attempts to reduce its exposure to counterparty credit risk whenever possible by entering into an ISDA Master Agreement on a bilateral basis. The ISDA Master Agreement gives each party to the agreement the right to terminate all transactions traded under such agreement if there is a specified deterioration in the credit quality of the other party. Upon an event of default or a termination of the ISDA Master Agreement, the non-defaulting party has the right to close out all transactions traded under such agreement and to net amounts owed under each agreement to one net amount payable by one party to the other. This right to close out and net payments across all transactions traded under the ISDA Master Agreement could result in a reduction of the fund's credit risk to such counterparty equal to any amounts payable by the fund under the applicable transactions, if any.

Collateral and margin requirements differ by type of derivative. For cleared derivatives (e.g., futures contracts, cleared swaps, and exchange-traded options), margin requirements are set by the clearing broker and the clearing house and collateral, in the form of cash or securities, is posted by the fund directly with the clearing broker. Collateral terms are counterparty agreement specific for uncleared derivatives (e.g., forward foreign currency exchange contracts, uncleared swap agreements, and uncleared options) and collateral, in the form of cash and securities, is held in segregated accounts with the fund's custodian in connection with these agreements. For derivatives traded under an ISDA Master Agreement, which contains a collateral support annex, the collateral requirements are netted across all transactions traded under such counterparty-specific agreement and an amount is posted from one party to the other to collateralize such obligations. Cash that has been segregated or delivered to cover the fund's collateral or margin obligations under derivative contracts, if any, will be reported separately in the Statement of Assets and Liabilities as restricted cash for uncleared derivatives and/or deposits with brokers for cleared derivatives. Securities pledged as collateral or margin for the same purpose, if any, are noted in the Portfolio of Investments. The fund may be required to make payments of interest on uncovered collateral or margin obligations with the broker. Any such payments are included in "Miscellaneous" expense in the Statement of Operations.

Forward Foreign Currency Exchange Contracts — The fund entered into forward foreign currency exchange contracts for the purchase or sale of a specific foreign currency at a fixed price on a future date. These contracts may be used to hedge the fund's currency risk or for non-hedging purposes. For hedging purposes, the fund may enter into contracts to deliver or receive foreign currency that the fund will receive from or use in its normal investment activities. The fund may also use contracts to hedge against declines in the value of foreign currency denominated securities due to unfavorable exchange rate movements. For non-hedging purposes, the fund may enter into contracts with the intent of changing the relative exposure of the fund's portfolio of securities to different currencies to take advantage of anticipated exchange rate changes.

Forward foreign currency exchange contracts are adjusted by the daily exchange rate of the underlying currency and any unrealized gains or losses are recorded as a receivable or payable for forward foreign currency exchange contracts until the contract settlement date. On contract settlement date, any gain or loss on the contract is recorded as realized gains or losses on forward foreign currency exchange contracts.

Notes to Financial Statements (unaudited) - continued

The fund's distribution plan provides that the fund will pay MFD distribution and/or service fees equal to 0.25% per annum of its average daily net assets attributable to Service Class shares as partial consideration for services performed and expenses incurred by MFD and financial intermediaries (including participating insurance companies that invest in the fund to fund variable annuity and variable life insurance contracts, sponsors of qualified retirement and pension plans that invest in the fund, and affiliates of these participating insurance companies and plan sponsors) in connection with the sale and distribution of the Service Class shares. MFD may subsequently pay all, or a portion, of the distribution and/or service fees to financial intermediaries.

Shareholder Servicing Agent — MFS Service Center, Inc. (MFSC), a wholly-owned subsidiary of MFS, receives a fee from the fund for its services as shareholder servicing agent. For the six months ended June 30, 2022, the fee was \$28,960, which equated to 0.0046% annually of the fund's average daily net assets. MFSC also receives reimbursement from the fund for out-of-pocket expenses paid by MFSC on behalf of the fund. For the six months ended June 30, 2022, these costs amounted to \$1,443.

Administrator — MFS provides certain financial, legal, shareholder communications, compliance, and other administrative services to the fund. Under an administrative services agreement, the fund reimburses MFS the costs incurred to provide these services. The fund is charged an annual fixed amount of \$17,500 plus a fee based on average daily net assets. The administrative services fee incurred for the six months ended June 30, 2022 was equivalent to an annual effective rate of 0.0159% of the fund's average daily net assets.

Trustees' and Officers' Compensation — The fund pays compensation to independent Trustees in the form of a retainer, attendance fees, and additional compensation to Board and Committee chairpersons. The fund does not pay compensation directly to Trustees or officers of the fund who are also officers of the investment adviser, all of whom receive remuneration from MFS for their services to the fund. Certain officers and Trustees of the fund are officers or directors of MFS, MFD, and MFSC.

Other — The fund invests in the MFS Institutional Money Market Portfolio which is managed by MFS and seeks current income consistent with preservation of capital and liquidity. This money market fund does not pay a management fee to MFS but does incur investment and operating costs.

The fund is permitted to engage in purchase and sale transactions with funds and accounts for which MFS serves as investment adviser or sub-adviser ("cross-trades") pursuant to a policy adopted by the Board of Trustees. This policy has been designed to ensure that cross-trades conducted by the fund comply with Rule 17a-7 under the Investment Company Act of 1940. During the six months ended June 30, 2022, the fund engaged in sale transactions pursuant to this policy, which amounted to \$1,862,568. The sales transactions resulted in net realized gains (losses) of \$118,958.

The adviser has voluntarily undertaken to reimburse the fund from its own resources on a quarterly basis for the cost of investment research embedded in the cost of the fund's securities trades. This agreement may be rescinded at any time. For the six months ended June 30, 2022, this reimbursement amounted to \$31,748, which is included in "Other" income in the Statement of Operations.

(4) Portfolio Securities

For the six months ended June 30, 2022, purchases and sales of investments, other than short-term obligations, aggregated \$195,253,187 and \$203,774,438, respectively.

(5) Shares of Beneficial Interest

The fund's Declaration of Trust permits the Trustees to issue an unlimited number of full and fractional shares of beneficial interest. Transactions in fund shares were as follows:

	Six months ended 6/30/22		Year ended 12/31/21	
	Shares	Amount	Shares	Amount
Shares sold				
Initial Class	497,561	\$19,003,051	847,836	\$30,773,859
Service Class	1,567,192	59,075,958	1,266,913	45,089,704
	2,064,753	\$78,079,009	2,114,749	\$75,863,563
Shares issued to shareholders in reinvestment of distributions				
Initial Class	—	\$—	763,739	\$28,006,297
Service Class	—	—	941,748	33,902,935
	—	\$—	1,705,487	\$61,909,232

Notes to Financial Statements (unaudited) - continued

result of the transition, management will rely upon the relief provided by FASB Codification Topic 848 – Reference Rate Reform (Topic 848). The guidance in Topic 848 permits the fund to account for those modified contracts as a continuation of the existing contracts. Management is still evaluating the impact to the fund of the June 30, 2023 planned discontinuation of the more commonly used U.S. dollar LIBOR settings.

(9) Russia and Ukraine Conflict

The market disruptions, which began in late February 2022, associated with geopolitical events related to the conflict between Russia and Ukraine may adversely affect the value of the fund's assets and thus the fund's performance. Management continues to monitor these events and to evaluate the related impacts, if any, to the fund.

STATEMENT REGARDING LIQUIDITY RISK MANAGEMENT PROGRAM

The fund has adopted and implemented a liquidity risk management program (the “Program”) as required by Rule 22e-4 under the Investment Company Act of 1940, as amended. The fund’s Board of Trustees (the “Board”) has designated MFS as the administrator of the Program. The Program is reasonably designed to assess and manage the liquidity risk of the fund. Liquidity risk is the risk that the fund could not meet requests to redeem shares issued by the fund without significant dilution of remaining investors’ interests.

MFS provided a written report to the Board for consideration at its March 2022 meeting that addressed the operation of the Program and provided an assessment of the adequacy and effectiveness of the Program during the period from January 1, 2021 to December 31, 2021 (the “Covered Period”). The report concluded that during the Covered Period the Program had operated effectively in all material respects and had adequately and effectively been implemented to assess and manage the fund’s liquidity risk. MFS also reported that there were no liquidity events that impacted the fund or its ability to timely meet redemptions without dilution to existing shareholders during the Covered Period.

There can be no assurance that the Program will achieve its objectives in the future. Further information on liquidity risk, and other principal risks to which an investment in the fund may be subject, can be found in the prospectus.

PROXY VOTING POLICIES AND INFORMATION

MFS votes proxies on behalf of the fund pursuant to proxy voting policies and procedures that are available without charge, upon request, by calling 1-800-225-2606, by visiting mfs.com/proxyvoting, or by visiting the SEC's Web site at <http://www.sec.gov>.

Information regarding how the fund voted proxies relating to portfolio securities during the most recent twelve-month period ended June 30 is available by August 31 of each year without charge by visiting mfs.com/proxyvoting, or by visiting the SEC's Web site at <http://www.sec.gov>.

QUARTERLY PORTFOLIO DISCLOSURE

The fund files a complete schedule of portfolio holdings with the SEC for the first and third quarters of each fiscal year as an exhibit to its reports on Form N-PORT. The fund's Form N-PORT reports are available on the SEC's Web site at <http://www.sec.gov>. A shareholder can obtain the portfolio holdings report for the first and third quarters of the fund's fiscal year at mfs.com/vit1 by choosing the fund's name and then scrolling to the "Resources" section and clicking on the "Prospectus and Reports" tab.

FURTHER INFORMATION

From time to time, MFS may post important information about the fund or the MFS Funds on the MFS Web site (mfs.com). This information is available at <https://www.mfs.com/announcements> or at mfs.com/vit1 by choosing the fund's name and then scrolling to the "Resources" section and clicking on the "Announcements" tab, if any.

INFORMATION ABOUT FUND CONTRACTS AND LEGAL CLAIMS

The fund has entered into contractual arrangements with an investment adviser, administrator, distributor, shareholder servicing agent, and custodian who each provide services to the fund. Unless expressly stated otherwise, shareholders are not parties to, or intended beneficiaries of these contractual arrangements, and these contractual arrangements are not intended to create any shareholder right to enforce them against the service providers or to seek any remedy under them against the service providers, either directly or on behalf of the fund.

Under the Trust's By-Laws and Declaration of Trust, any claims asserted against or on behalf of the MFS Funds, including claims against Trustees and Officers, must be brought in state and federal courts located within the Commonwealth of Massachusetts.

