

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale  
or executing a sale directly with a market maker.

OMB APPROVAL	
OMB Number:	3235-0101
Expire:	July 31, 2023
Estimated average burden	
hours per response.....	1.0

SEC USE ONLY	
DOCUMENT SEQUENCE NO.	
CUSIP NUMBER	
WORK LOCATION	

1(a) NAME OF ISSUER (Please type or print) MetLife, Inc.			(b) IRS IDENT. NO. 13 - 4075851			(c) S.E.C. FILE NO. 001 - 15787																	
1(d) ADDRESS OF ISSUER			STREET			CITY			STATE			ZIP CODE											
200 Park Avenue						New York			New York			10016											
2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD MetLife 401k Plan Trust						(b) RELATIONSHIP TO ISSUER Affiliate discretionary manager of Issuer 401(k) plan account			(c) ADDRESS			STREET			CITY			STATE			ZIP CODE		
									200 Park Avenue			New York			New York			10016					

INSTRUCTION: The person filing this notice should contact issuer to obtain the IRS Identification Number and the S.E.C. File Number.

3(a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through whom the Securities Are To be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY	(c) Number of Shares or Other Units To Be Sold (See Instr. 3(c))	(d) Aggregate Market Value (See Instr.(d))	(e) Number of Shares Or Other Units Outstanding (See Instr.(e))	(f) Approximate Date of Sale (See Instr. 3(f)) (MO DAY YR)	(g) Name of Each Securities Exchange (See Instr. 3(c))
		Broker-Dealer File Number					
Common Stock	Goldman Sachs 200 West Street New York NY 10005		285	\$17,467.65 6/16/2022	813,205,926 as of 04/29/22	6/17/2022	NYSE

INSTRUCTIONS:

- (a) Name of Issuer  
(b) Issuer's I.R.S. Identification Number  
(c) Issuer's S.E.C. file number, if any  
(d) Issuer's Address, including zip code  
(e) Issuer's telephone number, including area code
- (a) Name of person for whose account the securities are to be sold  
(b) Such person's relationship to the Issuer (e.g., officer, director, 10% stockholder, or member of immediate family  
(c) Such person's address, including zip code
- (a) Title of the class of securities to be sold  
(b) Name and address of each broker through whom the securities are intended to be sold  
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)  
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior  
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount  
(f) Approximate date on which the securities are to be sold  
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

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SEC 1147 (08-07)

**TABLE I ---- SECURITIES TO BE SOLD**

Furnish the following information with respect to the acquisition of the securities to be sold  
and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment

**INSTRUCTIONS:**

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

**TABLE II --- SECURITIES SOLD DURING THE PAST 3 MONTHS**

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Separate Account 100	Common Stock	03/18/2022	114	\$7,803.30
MetLife 401k Plan Trust	Common Stock	03/18/2022	230	\$15,743.50
Joint Industry Board S&P 500	Common Stock	03/18/2022	29	\$1,985.05
MetLife 401k Plan Trust	Common Stock	03/18/2022	399	\$27,311.55
Separate Account 149	Common Stock	03/18/2022	25	\$1,711.25
Separate Account II	Common Stock	03/18/2022	127	\$8,693.15
Separate Account VI	Common Stock	03/18/2022	23	\$1,574.35
Separate Account SPI	Common Stock	03/18/2022	437	\$29,912.65
Separate Account II	Common Stock	04/01/2022	245	\$17,272.50
Separate Account SPI	Common Stock	04/13/2022	501	\$35,295.45
Separate Account II	Common Stock	04/21/2022	145	\$10,379.10
Separate Account II	Common Stock	05/02/2022	290	\$19,180.60

\*REMARKS: The Account is managed by MetLife Investment Management, LLC, an affiliate of MetLife, Inc. The Account, as the person for whose account the securities to which this notice relates are to be sold, is acting pursuant a methodology which does not involve any knowledge of information in regard to the current and prospective operations of the issuer which has not been publicly disclosed.

**INSTRUCTIONS:**

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

**ATTENTION:** The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

MetLife Investments Department  
MetLife 401k Plan Trust

  
(SIGNATURE)

6/17/2022

DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,  
IF RELYING ON RULE 10B5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

FORM 144

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1(a) NAME OF ISSUER (Please type or print) MetLife, Inc.		1(b) IRS IDENT. NO. 13 - 4075851		1(c) S.E.C. FILE NO. 001 - 15787	
1(d) ADDRESS OF ISSUER 200 Park Avenue		STREET New York		CITY New York	
		STATE New York		ZIP CODE 10016	
2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Separate Account II Metropolitan Life Insurance Company		1(b) RELATIONSHIP TO ISSUER Affiliate *		1(c) ADDRESS 200 Park Avenue	
				CITY New York	
				STATE New York	
				ZIP CODE 10016	

INSTRUCTION: The person filing this notice should contact issuer to obtain the IRS Identification Number and the S.E.C. File Number.

3(a) Title of the Class of Securities To Be Sold	3(b) Name and Address of Each Broker Through whom the Securities Are To be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY	3(c) Number of Shares or Other Units To Be Sold (See. Instr. 3(c))	3(d) Aggregate Market Value (See Instr.(d))	3(e) Number of Shares Or Other Units Outstanding (See. Instr.(e))	3(f) Approximate Date of Sale (See. Instr. 3(f)) (MO DAY YR)	3(g) Name of Each Securities Exchange (See. Instr. 3(c))
		Broker-Dealer File Number					
Common Stock	Goldman Sachs 200 West Street New York NY 10005		83	\$5,087.07 6/16/2022	813,205,926 as of 04/29/22	6/17/2022	NYSE

INSTRUCTIONS:

1. (a) Name of Issuer  
(b) Issuer's I.R.S. Identification Number  
(c) Issuer's S.E.C. file number, if any  
(d) Issuer's Address, including zip code  
(e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold  
(b) Such person's relationship to the Issuer (e.g., officer, director, 10% stockholder, or member of immediate family  
(c) Such person's address, including zip code
3. (a) Title of the class of securities to be sold  
(b) Name and address of each broker through whom the securities are intended to be sold  
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)  
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior  
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount  
(f) Approximate date on which the securities are to be sold  
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

NOTE\*: Although Metropolitan Life Insurance Company is an affiliate, we maintain that its separate accounts are not. Beneficial ownership of such separate account assets are retained by unaffiliated third parties.

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SEC 1147 (08-07)

**TABLE I ---- SECURITIES TO BE SOLD**

Furnish the following information with respect to the acquisition of the securities to be sold  
and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	08/30/2019	Purchase	BANK OF AMERICA	83	09/04/2019	Cash

**INSTRUCTIONS:**

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

**TABLE II --- SECURITIES SOLD DURING THE PAST 3 MONTHS**

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Separate Account 100	Common Stock	03/18/2022	114	\$7,803.30
MetLife 401k Plan Trust	Common Stock	03/18/2022	230	\$15,743.50
Joint Industry Board S&P 500	Common Stock	03/18/2022	29	\$1,985.05
MetLife 401k Plan Trust	Common Stock	03/18/2022	399	\$27,311.55
Separate Account 149	Common Stock	03/18/2022	25	\$1,711.25
Separate Account II	Common Stock	03/18/2022	127	\$8,693.15
Separate Account VI	Common Stock	03/18/2022	23	\$1,574.35
Separate Account SPI	Common Stock	03/18/2022	437	\$29,912.65
Separate Account II	Common Stock	04/01/2022	245	\$17,272.50
Separate Account SPI	Common Stock	04/13/2022	501	\$35,295.45
Separate Account II	Common Stock	04/21/2022	145	\$10,379.10
Separate Account II	Common Stock	05/02/2022	290	\$19,180.60

\*REMARKS: Although Metropolitan Life Insurance Company ("MLIC") is an affiliate of MetLife, Inc., Separate Account II (the "Account") is a separate account of MLIC, and MLIC does not consider the assets within the Account to be held on its behalf by an affiliate. The Account is managed by the MetLife Investments Department on behalf of the Account and MLIC pursuant to an agreement dated prior to January 2, 2003 using full replication of the S&P 500 Index using the S&P's formal index methodology. The seller's knowledge of material information speaks as of a time not later than that date.

**INSTRUCTIONS:**

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

MetLife Investments Department  
on behalf of Separate Account II,

  
(SIGNATURE)

6/17/2022  
DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,  
IF RELYING ON RULE 10B5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

SEC 1147 (02/08)

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

OMB APPROVAL	
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1(a) NAME OF ISSUER (Please type or print) MetLife, Inc.		(b) IRS IDENT. NO. 13 - 4075851		(c) S.E.C. FILE NO. 001 - 15787	
1(d) ADDRESS OF ISSUER 200 Park Avenue		STREET New York		CITY New York	
		STATE New York		ZIP CODE 10016	
2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD MetLife Separate Account SPI Metropolitan Life Insurance Company		(b) RELATIONSHIP TO ISSUER Affiliate *		(c) ADDRESS 200 Park Avenue	
				CITY New York	
				STATE New York	
				ZIP CODE 10016	

INSTRUCTION: The person filing this notice should contact issuer to obtain the IRS Identification Number and the S.E.C. File Number.

3(a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through whom the Securities Are To be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY Broker-Dealer File Number	(c) Number of Shares or Other Units To Be Sold (See. Instr. 3(c))	(d) Aggregate Market Value (See Instr.(d))	(e) Number of Shares Or Other Units Outstanding (See. Instr.(e))	(f) Approximate Date of Sale (See. Instr. 3(f)) (MO DAY YR)	(g) Name of Each Securities Exchange (See. Instr. 3(c))
Common Stock	Goldman Sachs 200 West Street New York NY 10005		305	\$18,693.45 6/16/2022	813,205,926 as of 04/29/22	6/17/2022	N Y S E

INSTRUCTIONS:

- (a) Name of Issuer  
(b) Issuer's I.R.S. Identification Number  
(c) Issuer's S.E.C. file number, if any  
(d) Issuer's Address, including zip code  
(e) Issuer's telephone number, including area code
- (a) Name of person for whose account the securities are to be sold  
(b) Such person's relationship to the Issuer (e.g., officer, director, 10% stockholder, or member of immediate family  
(c) Such person's address, including zip code
- (a) Title of the class of securities to be sold  
(b) Name and address of each broker through whom the securities are intended to be sold  
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)  
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior  
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount  
(f) Approximate date on which the securities are to be sold  
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

NOTE\*: Although Metropolitan Life Insurance Company is an affiliate, we maintain that its separate accounts are not. Beneficial ownership of such separate account assets are retained by unaffiliated third parties.

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SEC 1147 (08-07)

**TABLE I ---- SECURITIES TO BE SOLD**

Furnish the following information with respect to the acquisition of the securities to be sold  
and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	09/21/2012	Purchase	DEUTSCHE BANK	143	09/26/2012	Cash
Common Stock	12/21/2012	Purchase	J.P. MORGAN	162	12/27/2012	Cash

**INSTRUCTIONS:**

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

**TABLE II --- SECURITIES SOLD DURING THE PAST 3 MONTHS**

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Separate Account 100	Common Stock	03/18/2022	114	\$7,803.30
MetLife 401k Plan Trust	Common Stock	03/18/2022	230	\$15,743.50
Joint Industry Board S&P 500	Common Stock	03/18/2022	29	\$1,985.05
MetLife 401k Plan Trust	Common Stock	03/18/2022	399	\$27,311.55
Separate Account 149	Common Stock	03/18/2022	25	\$1,711.25
Separate Account II	Common Stock	03/18/2022	127	\$8,693.15
Separate Account VI	Common Stock	03/18/2022	23	\$1,574.35
Separate Account SPI	Common Stock	03/18/2022	437	\$29,912.65
Separate Account II	Common Stock	04/01/2022	245	\$17,272.50
Separate Account SPI	Common Stock	04/13/2022	501	\$35,295.45
Separate Account II	Common Stock	04/21/2022	145	\$10,379.10
Separate Account II	Common Stock	05/02/2022	290	\$19,180.60

**\*REMARKS:** Although Metropolitan Life Insurance Company ("MLIC") is an affiliate of MetLife, Inc., Separate Account SPI (the "Account") is a separate account of MLIC, and MLIC does not consider the assets within the Account to be held on its behalf by an affiliate. The Account is managed by the MetLife Investments Department on behalf of the Account and MLIC pursuant to an agreement dated prior to January 2, 2003 using full replication of the S&P 500 Index using the S&P's formal index methodology. The seller's knowledge of material information speaks as of a time not later than that date.

**INSTRUCTIONS:**

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

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MetLife Investments Department  
on behalf of Separate Account SPI

(SIGNATURE)

6/17/2022  
DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,  
IF RELYING ON RULE 10B5-1

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SEC 1147 (02/08)

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1(d) ADDRESS OF ISSUER 200 Park Avenue		STREET New York		CITY New York	
STATE New York		ZIP CODE 10016		(e) TELEPHONE NO.	
				Area Code 212	
				Number 578 - 2211	
2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Separate Account 100A Metropolitan Life Insurance Company		(b) RELATIONSHIP TO ISSUER Affiliate *		(c) ADDRESS 200 Park Avenue	
				STREET New York	
				CITY New York	
				STATE New York	
				ZIP CODE 10016	

INSTRUCTION: The person filing this notice should contact issuer to obtain the IRS Identification Number and the S.E.C. File Number.

3(a) Title of the Class of Securities To Be Sold	3(b) Name and Address of Each Broker Through whom the Securities Are To be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY	(c) Number of Shares or Other Units To Be Sold (See Instr. 3(c))	(d) Aggregate Market Value (See Instr.(d))	(e) Number of Shares Or Other Units Outstanding (See Instr.(e))	(f) Approximate Date of Sale (See Instr. 3(f)) (MO DAY YR)	(g) Name of Each Securities Exchange (See Instr. 3(c))
		Broker-Dealer File Number					
Common Stock	Goldman Sachs 200 West Street New York NY 10005		81	\$4,964.49 6/16/2022	813,205,926 as of 04/29/22	6/17/2022	N Y S E

- INSTRUCTIONS:
1. (a) Name of Issuer  
(b) Issuer's I.R.S. Identification Number  
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(e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold  
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Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	12/16/2011	Purchase	DEUTSCHE BANK	81	12/21/2011	Cash

**INSTRUCTIONS:**

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

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MetLife 401k Plan Trust	Common Stock	03/18/2022	399	\$27,311.55
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Separate Account II	Common Stock	03/18/2022	127	\$8,693.15
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Separate Account II	Common Stock	04/21/2022	145	\$10,379.10
Separate Account II	Common Stock	05/02/2022	290	\$19,180.60

REMARKS: "REMARKS: Although Metropolitan Life Insurance Company ("MLIC") is an affiliate of MetLife, Inc., Separate Account 100A (the "Account") is a separate account of MLIC, and MLIC does not consider the assets within the Account to be held on its behalf by an affiliate. The Account is managed by the MetLife Investments Department on behalf of the Account and MLIC pursuant to an agreement dated prior to January 2, 2003 using full replication of the S&P 500 Index using the S&P's formal index methodology. The seller's knowledge of material information speaks as of a time not later than that date.

**INSTRUCTIONS:**

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

**ATTENTION:** The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

MetLife Investments Department  
on behalf of Separate Account 100A

(SIGNATURE)

6/17/2022  
DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,  
IF RELYING ON RULE 10B5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

SEC 1147 (02/08)



UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale  
or executing a sale directly with a market maker.

OMB APPROVAL	
OMB Number:	3235-0101
Expire:	July 31, 2023
Estimated average burden	
hours per response.....	1.0

SEC USE ONLY	
DOCUMENT SEQUENCE NO.	
CUSIP NUMBER	
WORK LOCATION	

1(a) NAME OF ISSUER (Please type or print) MetLife, Inc.			(b) IRS IDENT. NO. 13 - 4075851			(c) S.E.C. FILE NO. 001 - 15787																					
1(d) ADDRESS OF ISSUER 200 Park Avenue			STREET New York			CITY New York			STATE New York			ZIP CODE 10016			(e) TELEPHONE NO. Area Code 212		Number 578 - 2211										
2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Joint Industry Board S&P 500				(b) RELATIONSHIP TO ISSUER Affiliate discretionary manager of account				(c) ADDRESS 200 Park Avenue				STREET New York				CITY New York				STATE New York				ZIP CODE 10016			

INSTRUCTION: The person filing this notice should contact issuer to obtain the IRS Identification Number and the S.E.C. File Number.

3(a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through whom the Securities Are To be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY	(c) Number of Shares or Other Units To Be Sold (See. Instr. 3(c))	(d) Aggregate Market Value (See Instr.(d))	(e) Number of Shares Or Other Units Outstanding (See. Instr.(e))	(f) Approximate Date of Sale (See. Instr. 3(f)) (MO DAY YR)	(g) Name of Each Securities Exchange (See. Instr. 3(c))
		Broker-Dealer File Number					
Common Stock	Goldman Sachs 200 West Street New York NY 10005		21	\$1,287.09 6/16/2022	813,205,926 as of 04/29/22	6/17/2022	NYSE

INSTRUCTIONS:

- (a) Name of Issuer  
(b) Issuer's L.R.S. Identification Number  
(c) Issuer's S.E.C. file number, if any  
(d) Issuer's Address, including zip code  
(e) Issuer's telephone number, including area code
- (a) Name of person for whose account the securities are to be sold  
(b) Such person's relationship to the Issuer (e.g., officer, director, 10% stockholder, or member of immediate family  
(c) Such person's address, including zip code
- (a) Title of the class of securities to be sold  
(b) Name and address of each broker through whom the securities are intended to be sold  
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)  
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior  
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount  
(f) Approximate date on which the securities are to be sold  
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

Potential persons who are to respond to the collection of information contained in this form are not  
required to respond unless the form displays a currently valid OMB control number.

SEC 1147 (08-07)

**TABLE I ---- SECURITIES TO BE SOLD**

Furnish the following information with respect to the acquisition of the securities to be sold  
and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	05/15/2020	Purchase	BARCLAYS	21	05/19/2020	Cash

**INSTRUCTIONS:**

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

**TABLE II --- SECURITIES SOLD DURING THE PAST 3 MONTHS**

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Separate Account 100	Common Stock	03/18/2022	114	\$7,803.30
MetLife 401k Plan Trust	Common Stock	03/18/2022	230	\$15,743.50
Joint Industry Board S&P 500	Common Stock	03/18/2022	29	\$1,985.05
MetLife 401k Plan Trust	Common Stock	03/18/2022	399	\$27,311.55
Separate Account 149	Common Stock	03/18/2022	25	\$1,711.25
Separate Account II	Common Stock	03/18/2022	127	\$8,693.15
Separate Account VI	Common Stock	03/18/2022	23	\$1,574.35
Separate Account SPI	Common Stock	03/18/2022	437	\$29,912.65
Separate Account II	Common Stock	04/01/2022	245	\$17,272.50
Separate Account SPI	Common Stock	04/13/2022	501	\$35,295.45
Separate Account II	Common Stock	04/21/2022	145	\$10,379.10
Separate Account II	Common Stock	05/02/2022	290	\$19,180.60

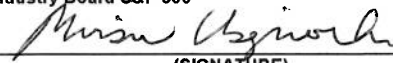
\*REMARKS: The Account is managed by MetLife Investment Management, LLC, an affiliate of MetLife, Inc., and uses full replication of the S&P 500 Index using S&P formal index methodology. The Account, as the person for whose account the securities to which this notice relates are to be sold, is acting pursuant a methodology which does not involve any knowledge of information in regard to the current and prospective operations of the Issuer which has not been publicly disclosed.

**INSTRUCTIONS:**

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

MetLife Investments Department  
on behalf of Joint Industry Board S&P 500

  
(SIGNATURE)

6/17/2022  
DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,  
IF RELYING ON RULE 10B5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

SEC 1147 (02/08)

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

**ATTENTION:** Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale  
or executing a sale directly with a market maker.

OMB APPROVAL	
OMB Number:	3235-0101
Expire:	July 31, 2023
Estimated average burden hours per response.....	1.0

SEC USE ONLY
DOCUMENT SEQUENCE NO.
CUSIP NUMBER
WORK LOCATION

1(a) NAME OF ISSUER (Please type or print) MetLife, Inc.			(b) IRS IDENT. NO. 13 - 4075851			(c) S.E.C. FILE NO. 001 - 15787														
1(d) ADDRESS OF ISSUER 200 Park Avenue			STREET New York			CITY New York			STATE New York			ZIP CODE 10016								
2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Separate Account 149 Metropolitan Tower Life Insurance Company			(b) RELATIONSHIP TO ISSUER Affiliate *			(c) ADDRESS 200 Park Avenue			STREET New York			CITY New York			STATE New York			ZIP CODE 10016		

INSTRUCTION: The person filing this notice should contact issuer to obtain the IRS Identification Number and the S.E.C. File Number.

3(a) Title of the Class of Securities To Be Sold	3(b) Name and Address of Each Broker Through whom the Securities Are To be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY	(c) Number of Shares or Other Units To Be Sold (See Instr. 3(c))	(d) Aggregate Market Value (See Instr. 3(d))	(e) Number of Shares Or Other Units Outstanding (See Instr. 3(e))	(f) Approximate Date of Sale (See Instr. 3(f)) (MO DAY YR)	(g) Name of Each Securities Exchange (See Instr. 3(g))
		Broker-Dealer File Number					
Common Stock	Goldman Sachs 200 West Street New York NY 10005		18	\$1,103.22 6/16/2022	813,205,926 as of 04/29/22	6/17/2022	N Y S E

INSTRUCTIONS:

1. (a) Name of Issuer  
(b) Issuer's I.R.S. Identification Number  
(c) Issuer's S.E.C. file number, if any  
(d) Issuer's Address, including zip code  
(e) Issuer's telephone number, including area code

2. (a) Name of person for whose account the securities are to be sold  
(b) Such person's relationship to the Issuer (e.g., officer, director, 10% stockholder, or member of immediate family  
(c) Such person's address, including zip code

3. (a) Title of the class of securities to be sold  
(b) Name and address of each broker through whom the securities are intended to be sold  
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)  
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior  
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount  
(f) Approximate date on which the securities are to be sold  
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

NOTE\* : Although Metropolitan Tower Life Insurance Company is an affiliate, we maintain that its separate accounts are not.  
Beneficial ownership of such separate account assets are retained by unaffiliated third parties.

Potential persons who are to respond to the collection of information contained in this form are not  
required to respond unless the form displays a currently valid OMB control number.

SEC 1147 (08-07)

**TABLE I ---- SECURITIES TO BE SOLD**

Furnish the following information with respect to the acquisition of the securities to be sold  
and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	8/30/2021	Purchase	Citigroup Global Markets	18	9/01/2021	Cash

**INSTRUCTIONS:**

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

**TABLE II --- SECURITIES SOLD DURING THE PAST 3 MONTHS**

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Separate Account 100	Common Stock	03/18/2022	114	\$7,803.30
MetLife 401k Plan Trust	Common Stock	03/18/2022	230	\$15,743.50
Joint Industry Board S&P 500	Common Stock	03/18/2022	29	\$1,985.05
MetLife 401k Plan Trust	Common Stock	03/18/2022	399	\$27,311.55
Separate Account 149	Common Stock	03/18/2022	25	\$1,711.25
Separate Account II	Common Stock	03/18/2022	127	\$8,693.15
Separate Account VI	Common Stock	03/18/2022	23	\$1,574.35
Separate Account SPI	Common Stock	03/18/2022	437	\$29,912.65
Separate Account II	Common Stock	04/01/2022	245	\$17,272.50
Separate Account SPI	Common Stock	04/13/2022	501	\$35,295.45
Separate Account II	Common Stock	04/21/2022	145	\$10,379.10
Separate Account II	Common Stock	05/02/2022	290	\$19,180.60

\*REMARKS: Although Metropolitan Tower Life Insurance Company ("MTL") is an affiliate of MetLife, Inc., Separate Account 149 (the "Account") is a separate account of MTL, and MTL does not consider the assets within the Account to be held on its behalf by an affiliate. The Account is managed by the MetLife Investments Department on behalf of the Account and MTL pursuant to an agreement dated prior to January 2, 2003 using full replication of the S&P 500 Index using the S&P's formal Index methodology. The seller's knowledge of material information speaks as of a time not later than that date.

**INSTRUCTIONS:**

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

**ATTENTION:** The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

MetLife Investments Department  
on behalf of Separate Account 149

  
(SIGNATURE)

6/17/2022  
DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,  
IF RELYING ON RULE 10B5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**

SEC 1147 (02/08)

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

**ATTENTION:** *Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.*

OMB APPROVAL	
OMB Number:	3235-0101
Expire:	July 31, 2023
Estimated average burden hours per response.....	1.0

SEC USE ONLY	
DOCUMENT SEQUENCE NO.	
CUSIP NUMBER	
WORK LOCATION	

1(a) NAME OF ISSUER (Please type or print) MetLife, Inc.		(b) IRS IDENT. NO. 13 - 4075851		(c) S.E.C. FILE NO. 001 - 15787	
1(d) ADDRESS OF ISSUER 200 Park Avenue		STREET New York		CITY New York	
		STATE New York		ZIP CODE 10016	
2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Separate Account VI Metropolitan Life Insurance Company		(b) RELATIONSHIP TO ISSUER Affiliate *		(c) ADDRESS 200 Park Avenue	
				STREET New York	
				CITY New York	
				STATE New York	
				ZIP CODE 10016	

**INSTRUCTION:** *The person filing this notice should contact issuer to obtain the IRS Identification Number and the S.E.C. File Number.*

3(a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through whom the Securities Are To be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY Broker-Dealer File Number	(c) Number of Shares or Other Units To Be Sold (See. Instr. 3(c))	(d) Aggregate Market Value (See Instr.(d))	(e) Number of Shares Or Other Units Outstanding (See. Instr.(e))	(f) Approximate Date of Sale (See. Instr. 3(f)) (MO DAY YR)	(g) Name of Each Securities Exchange (See. Instr. 3(c))
Common Stock	Goldman Sachs 200 West Street New York NY 10005		17	\$1,041.93 6/16/2022	813,205,926 as of 04/29/22	6/17/2022	N Y S E

INSTRUCTIONS:

1. (a) Name of Issuer

(b) Issuer's I.R.S. Identification Number

(c) Issuer's S.E.C. file number, if any

(d) Issuer's Address, including zip code

(e) Issuer's telephone number, including area code

2. (a) Name of person for whose account the securities are to be sold

(b) Such person's relationship to the Issuer (e.g., officer, director, 10% stockholder, or member of immediate family

(c) Such person's address, including zip code

3.

(a) Title of the class of securities to be sold

(b) Name and address of each broker through whom the securities are intended to be sold

(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)

(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior

(e) Number of shares or other units of the class outstanding, or if debt securities the face amount

(f) Approximate date on which the securities are to be sold

(g) Name of each securities exchange, if any, on which the securities are intended to be sold

NOTE\*: Although Metropolitan Life Insurance Company is an affiliate, we maintain that its separate accounts are not. Beneficial ownership of such separate account assets are retained by unaffiliated third parties.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

**TABLE I — SECURITIES TO BE SOLD**

Furnish the following information with respect to the acquisition of the securities to be sold  
and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	3/14/2019	Purchase	Bank Of America Securities	17	3/18/2019	Cash

**INSTRUCTIONS:**

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

**TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS**

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Separate Account 100	Common Stock	03/18/2022	114	\$7,803.30
MetLife 401k Plan Trust	Common Stock	03/18/2022	230	\$15,743.50
Joint Industry Board S&P 500	Common Stock	03/18/2022	29	\$1,985.05
MetLife 401k Plan Trust	Common Stock	03/18/2022	399	\$27,311.55
Separate Account 149	Common Stock	03/18/2022	25	\$1,711.25
Separate Account II	Common Stock	03/18/2022	127	\$8,693.15
Separate Account VI	Common Stock	03/18/2022	23	\$1,574.35
Separate Account SPI	Common Stock	03/18/2022	437	\$29,912.65
Separate Account II	Common Stock	04/01/2022	245	\$17,272.50
Separate Account SPI	Common Stock	04/13/2022	501	\$35,295.45
Separate Account II	Common Stock	04/21/2022	145	\$10,379.10
Separate Account II	Common Stock	05/02/2022	290	\$19,180.60

**\*REMARKS:** Although Metropolitan Life Insurance Company ("MLIC") is an affiliate of MetLife, Inc., Separate Account VI (the "Account") is a separate account of MLIC, and MLIC does not consider the assets within the Account to be held on its behalf by an affiliate. The Account is managed by the MetLife Investments Department on behalf of the Account and MLIC pursuant to an agreement dated prior to January 2, 2003 using full replication of the S&P 500 Value Index using the S&P's formal index methodology. The seller's knowledge of material information speaks as of a time not later than that date.

**INSTRUCTIONS:**

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

**ATTENTION:** The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

MetLife Investments Department  
on behalf of Separate Account VI

(SIGNATURE)

6/17/2022  
DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,  
IF RELYING ON RULE 10B5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**