

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, DC 20549

FORM 144

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

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.

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		CITY New York	STATE New York	ZIP CODE 10016	
2(a) NAME OF PERSON FOR WHOM 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 200 Park Avenue	(c) CITY New York
				(c) STATE New York	(c) 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)	(b)	(c)	(d)	(e)	(f)	(g)
Title of the Class of Securities To Be Sold	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	Number of Shares or Other Units To Be Sold (See Instr. 3(c))	Aggregate Market Value (See Instr. (d))	Number of Shares Or Other Units Outstanding (See Instr. (e))	Approximate Date of Sale (See Instr. 3(f)) (MO DAY YR)
Common Stock	Goldman Sachs 200 West Street New York NY 10005		281	\$20,147.70 12/15/2022	784,606,205 as of 10/31/22	12/16/2022
Common Stock	Goldman Sachs 200 West Street New York NY 10005		160	\$11,472.00 12/15/2022	784,606,205 as of 10/31/22	12/16/2022

(g)	(h)	(i)
Area Code 212	STATE New York	ZIP CODE 10016
(e) TELEPHONE NO. Number 578 - 2211		

(g)	(h)	(i)
Name of Each Securities Exchange (See Instr. 3(c))		N Y S E
		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

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 therefore:

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 II Joint Industry Board S&P 500 Separate Account 149 Separate Account 100 Separate Account SPI MetLife 401k Plan Trust Separate Account VI MetLife 401k Plan Trust Separate Account SPI Separate Account II MetLife 401k Plan Trust Separate Account II	Common Stock Common Stock Common Stock Common Stock Common Stock Common Stock Common Stock Common Stock Common Stock Common Stock Common Stock Common Stock Common Stock	09/16/2022 09/16/2022 09/16/2022 09/16/2022 09/16/2022 09/16/2022 09/16/2022 10/26/2022 10/31/2022 12/01/2022 12/08/2022 12/13/2022	178 18 41 192 721 100 38 670 547 508 196 685 195	\$11,584.24 \$1,171.44 \$2,668.28 \$12,495.36 \$46,922.68 \$6,508.00 \$2,473.04 \$43,603.60 \$38,754.95 \$37,190.68 \$15,023.40 \$50,422.85 \$14,279.85

***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)

12/16/2022
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

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

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.

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

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		66	\$4,732.20 12/15/2022	784,606,205 as of 10/31/22	12/16/2022	N Y S E

INSTRUCTIONS:

1. (a) Name of Issuer
(b) Issuer's I.D.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 therefore:

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	66	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 II	Common Stock	09/16/2022	178	\$11,584.24
Joint Industry Board S&P 500	Common Stock	09/16/2022	18	\$1,171.44
Separate Account 149	Common Stock	09/16/2022	41	\$2,668.28
Separate Account 100	Common Stock	09/16/2022	192	\$12,495.36
Separate Account SPI	Common Stock	09/16/2022	721	\$46,922.68
MetLife 401k Plan Trust	Common Stock	09/16/2022	100	\$6,508.00
Separate Account VI	Common Stock	09/16/2022	38	\$2,473.04
MetLife 401k Plan Trust	Common Stock	09/16/2022	670	\$43,603.60
Separate Account SPI	Common Stock	10/26/2022	547	\$38,754.95
Separate Account II	Common Stock	10/31/2022	508	\$37,190.88
Separate Account II	Common Stock	12/01/2022	196	\$15,023.40
MetLife 401k Plan Trust	Common Stock	12/08/2022	685	\$50,422.85
Separate Account II	Common Stock	12/13/2022	195	\$14,279.85

***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

12/16/2022
DATE OF NOTICE


(SIGNATURE)

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

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	
200 Park Avenue		CITY	STATE	ZIP CODE	
		New York	New York	10016	
2(a) NAME OF PERSON FOR WHOM 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
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016
				STREET	200 Park Avenue
				CITY	New York
				STATE	New York
				ZIP CODE	10016

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 therefore:

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	12/21/2012	Purchase	J.P. MORGAN	304	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 II	Common Stock	09/16/2022	178	\$11,584.24
Joint Industry Board S&P 500	Common Stock	09/16/2022	18	\$1,171.44
Separate Account 149	Common Stock	09/16/2022	41	\$2,668.28
Separate Account 100	Common Stock	09/16/2022	192	\$12,495.36
Separate Account SPI	Common Stock	09/16/2022	721	\$46,922.68
MetLife 401k Plan Trust	Common Stock	09/16/2022	100	\$6,508.00
Separate Account VI	Common Stock	09/16/2022	38	\$2,473.04
MetLife 401k Plan Trust	Common Stock	09/16/2022	670	\$43,603.60
Separate Account SPI	Common Stock	10/26/2022	547	\$38,754.95
Separate Account II	Common Stock	10/31/2022	508	\$37,190.68
Separate Account II	Common Stock	12/01/2022	196	\$15,023.40
MetLife 401k Plan Trust	Common Stock	12/08/2022	685	\$50,422.85
Separate Account II	Common Stock	12/13/2022	195	\$14,279.85

***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.

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 SPI


(SIGNATURE)

12/16/2022
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

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	

(1a) 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		CITY New York	STATE New York
STREET		ZIP CODE 10016	
2(c) 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
		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	3(f) Approximate Date of Sale (See Instr. 3(f)) (MO DAY YR)					
Common Stock	Goldman Sachs 200 West Street New York NY 10005			82	\$5,879.40 12/15/2022	784,606,205 as of 10/31/22	12/16/2022	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
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 therefore:

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	03/16/2012	Purchase	Deutsche Bank	51	03/21/2012	Cash
Common Stock	04/24/2012	Purchase	Deutsche Bank	31	04/27/2012	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 II	Common Stock	09/16/2022	178	\$11,584.24
Joint Industry Board S&P 500	Common Stock	09/16/2022	18	\$1,171.44
Separate Account 149	Common Stock	09/16/2022	41	\$2,668.28
Separate Account 100	Common Stock	09/16/2022	192	\$12,495.36
Separate Account SPI	Common Stock	09/16/2022	721	\$46,922.68
MetLife 401k Plan Trust	Common Stock	09/16/2022	100	\$6,508.00
Separate Account VI	Common Stock	09/16/2022	38	\$2,473.04
MetLife 401k Plan Trust	Common Stock	09/16/2022	670	\$43,603.60
Separate Account SPI	Common Stock	10/26/2022	547	\$38,754.95
Separate Account II	Common Stock	10/31/2022	508	\$37,190.68
Separate Account II	Common Stock	12/01/2022	196	\$15,023.40
MetLife 401k Plan Trust	Common Stock	12/08/2022	685	\$50,422.85
Separate Account II	Common Stock	12/13/2022	195	\$14,279.85

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 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

12/16/2022
DATE OF NOTICE


(SIGNATURE)

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

**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		CITY New York	STATE New York	ZIP CODE 10016	
2(a) NAME OF PERSON FOR WHOM 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	(c) 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(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))
		3(c) Broker-Dealer File Number	3(c) Number of Shares or Other Units To Be Sold [See Instr. 3(c)]				
Common Stock	Goldman Sachs 200 West Street New York NY 10005		21	\$1,505.70 12/15/2022	784,606,205 as of 10/31/22	12/16/2022	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

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 therefore:

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	06/15/2022	Purchase	Barclays Capital	21	06/17/2020	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 II	Common Stock	09/16/2022	178	\$11,584.24
Joint Industry Board S&P 500	Common Stock	09/16/2022	18	\$1,171.44
Separate Account 149	Common Stock	09/16/2022	41	\$2,668.28
Separate Account 100	Common Stock	09/16/2022	192	\$12,495.36
Separate Account SPI	Common Stock	09/16/2022	721	\$46,922.68
MetLife 401k Plan Trust	Common Stock	09/16/2022	100	\$6,508.00
Separate Account VI	Common Stock	09/16/2022	38	\$2,473.04
MetLife 401k Plan Trust	Common Stock	09/16/2022	670	\$43,603.60
Separate Account SPI	Common Stock	10/26/2022	547	\$38,754.95
Separate Account II	Common Stock	10/31/2022	508	\$37,190.68
Separate Account II	Common Stock	12/01/2022	196	\$15,023.40
MetLife 401k Plan Trust	Common Stock	12/08/2022	685	\$50,422.85
Separate Account II	Common Stock	12/13/2022	195	\$14,279.85

***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)

12/16/2022
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

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
Expires:	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		CITY New York	STATE New York	ZIP CODE 10016	
2(a) NAME OF PERSON FOR WHOM ACCOUNT THE SECURITIES ARE TO BE SOLD Separate Account 149 Metropolitan Tower Life Insurance Company		(b) RELATIONSHIP TO ISSUER Affiliate *		(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))
Common Stock	Goldman Sachs 200 West Street New York NY 10005	Broker-Dealer File Number	18	\$1,290.60 12/15/2022	784,606,205 as of 10/31/22	12/16/2022	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 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.

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 therefore:

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 II	Common Stock	09/16/2022	178	\$11,584.24
Joint Industry Board S&P 500	Common Stock	09/16/2022	18	\$1,171.44
Separate Account 149	Common Stock	09/16/2022	41	\$2,668.28
Separate Account 100	Common Stock	09/16/2022	192	\$12,495.36
Separate Account SPI	Common Stock	09/16/2022	721	\$46,922.68
MetLife 401k Plan Trust	Common Stock	09/16/2022	100	\$6,508.00
Separate Account VI	Common Stock	09/16/2022	38	\$2,473.04
MetLife 401k Plan Trust	Common Stock	09/16/2022	670	\$43,603.60
Separate Account SPI	Common Stock	10/26/2022	547	\$38,754.95
Separate Account II	Common Stock	10/31/2022	508	\$37,190.68
Separate Account II	Common Stock	12/01/2022	196	\$15,023.40
MetLife 401k Plan Trust	Common Stock	12/08/2022	685	\$50,422.85
Separate Account II	Common Stock	12/13/2022	195	\$14,279.85

***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

12/16/2022

DATE OF NOTICE

Maria Legniah
(SIGNATURE)

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)