

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.

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

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| 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 | (e) TELEPHONE NO. Area Code 212 Number 578 - 2211 |
| 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 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 | 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) Number of Shares or Other Units To Be Sold (See Instr. 3(c)) | 3(e) Aggregate Market Value (See Instr. (d)) | 3(f) Number of Shares or Other Units Outstanding (See Instr. (e)) | 3(g) Approximate Date of Sale (See Instr. 3(f)) (MO DAY YR) | 3(h) Name of Each Securities Exchange (See Instr. 3(c)) |
|---|--|--------------------------------------|---|---|---|---|---|---|
| | | 3(c) Broker-Dealer File Number | 3(g) Approximate Date of Sale (See Instr. 3(f)) (MO DAY YR) | | | | | |
| Common Stock | Goldman Sachs 200 West Street New York NY 10005 | | | 670 | \$44,012.30 9/15/2022 | 797,614,319 as of 07/29/22 | 9/16/2022 | NYSE |
| Common Stock | Goldman Sachs 200 West Street New York NY 10005 | | | 100 | \$6,569.00 9/15/2022 | 797,614,319 as of 07/29/22 | 9/16/2022 | 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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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 SPI MetLife 401k Plan Trust | Common Stock | 06/17/2022 | 305 | \$18,565.69 |
| Separate Account II | Common Stock | 06/17/2022 | 285 | \$17,348.26 |
| Separate Account 100 | Common Stock | 06/17/2022 | 83 | \$5,052.30 |
| Joint Industry Board S&P 500 | Common Stock | 06/17/2022 | 81 | \$4,930.56 |
| Separate Account 149 | Common Stock | 06/17/2022 | 21 | \$1,278.29 |
| Separate Account VI | Common Stock | 06/17/2022 | 18 | \$1,095.68 |
| MetLife 401k Plan Trust | Common Stock | 08/03/2022 | 17 | \$1,034.79 |
| Separate Account II | Common Stock | 08/31/2022 | 533 | \$33,898.80 |
| | | | 617 | \$39,691.61 |

***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 operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a plan whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this 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

9/16/2022
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

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| OMB APPROVAL | |
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| Expire: | July 31, 2023 |
| Estimated average burden hours per response 1.0 | |

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| DOCUMENT SEQUENCE NO. | |
| CUSIP NUMBER | |
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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 | | CITY New York | STATE New York | ZIP CODE 10016 | (e) TELEPHONE NO. Area Code 212 |
| 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 * | | STREET 200 Park Avenue | |
| | | CITY New York | STATE New York | ZIP CODE 10016 | 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 | (c) SEC USE ONLY Broker-Dealer File Number | (d) Number of Shares or Other Units To Be Sold (See Instr. 3(c)) | (e) Aggregate Market Value (See Instr. (d)) | (f) Number of Shares Or Other Units Outstanding (See Instr. (e)) | (g) Approximate Date of Sale (See Instr. 3(f)) (MO DAY YR) | (h) Name of Each Securities Exchange (See Instr. 3(c)) |
|---|---|--|---|--|---|---|---|
| Common Stock | Goldman Sachs 200 West Street New York NY 10005 | | 178 | \$11,692.82 9/15/2022 | 797,614,319 as of 07/29/22 | 9/16/2022 | 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

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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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 | 178 | 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 SPI | Common Stock | 06/17/2022 | 305 | \$18,565.69 |
| MetLife 401k Plan Trust | Common Stock | 06/17/2022 | 285 | \$17,348.26 |
| Separate Account II | Common Stock | 06/17/2022 | 83 | \$5,052.30 |
| Separate Account 100 | Common Stock | 06/17/2022 | 81 | \$4,930.56 |
| Joint Industry Board S&P 500 | Common Stock | 06/17/2022 | 21 | \$1,278.29 |
| Separate Account 149 | Common Stock | 06/17/2022 | 18 | \$1,095.68 |
| Separate Account VI | Common Stock | 06/17/2022 | 17 | \$1,034.79 |
| MetLife 401k Plan Trust | Common Stock | 08/03/2022 | 533 | \$33,898.80 |
| Separate Account II | Common Stock | 08/31/2022 | 617 | \$39,691.61 |

***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

9/16/2022
DATE OF NOTICE

Maria Lopez
(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.

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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.

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| OMB APPROVAL | |
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| SEC USE ONLY | |
| DOCUMENT SEQUENCE NO. | |
| CUSIP NUMBER | |
| WORK LOCATION | |

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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 | | CITY New York | STATE New York | ZIP CODE 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 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 | | 721 | \$47,362.49 9/15/2022 | 797,614,319 as of 07/29/22 | 9/16/2022 | 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 beneficial ownership of such separate account assets are retained by unaffiliated third parties.

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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 | 721 | 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 SPI | Common Stock | 06/17/2022 | 305 | \$18,565.69 |
| MetLife 401k Plan Trust | Common Stock | 06/17/2022 | 285 | \$17,348.26 |
| Separate Account II | Common Stock | 06/17/2022 | 83 | \$5,052.30 |
| Separate Account 100 | Common Stock | 06/17/2022 | 81 | \$4,930.56 |
| Joint Industry Board S&P 500 | Common Stock | 06/17/2022 | 21 | \$1,278.29 |
| Separate Account 149 | Common Stock | 06/17/2022 | 18 | \$1,095.68 |
| Separate Account VI | Common Stock | 06/17/2022 | 17 | \$1,034.79 |
| MetLife 401k Plan Trust | Common Stock | 08/03/2022 | 533 | \$33,898.80 |
| Separate Account II | Common Stock | 08/31/2022 | 617 | \$39,691.61 |

***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

9/16/2022

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.

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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

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| OMB APPROVAL | |
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| 200 Park Avenue | | CITY | STATE | ZIP CODE | |
| | | New York | New York | 10016 | |
| 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 | CITY | STATE |
| | | | | New York | New York |
| | | | | 10016 | 10016 |
| | | | | 212 | 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 | 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 | Area Code | | | | | |
| Common Stock | Goldman Sachs 200 West Street New York NY 10005 | | | 192 | \$12,612.48 9/15/2022 | 797,614,319 as of 07/29/22 | 9/16/2022 | N Y S E |
| | | | | | | | | |
| | | | | | | | | |

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
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|------------------------------|--------------------------|-----------------------------------|--|-------------------------------|--------------------------|-------------------|
| Common Stock Common Stock | 12/16/2011 03/16/2012 | Purchase Purchase | Deutsche Bank Deutsche Bank | 74 118 | 12/21/2011 03/21/2012 | Cash 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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| Separate Account VI | Common Stock | 06/17/2022 | 17 | \$1,034.79 |
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INSTRUCTIONS:

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**MetLife Investments Department
on behalf of Separate Account 100A**

9/16/2022
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 |
| 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 | (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 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 | | | | | |
| Common Stock | Goldman Sachs 200 West Street New York NY 10005 | | | 18 | \$1,182.42 9/15/2022 | 797,614,319 as of 07/29/22 | 9/16/2022 | 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

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 | 05/15/2020 | Purchase | Barclays Capital | 4 | 05/19/2020 | Cash |
| Common Stock | 06/15/2022 | Purchase | Barclays Capital | 14 | 05/17/2020 | 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 SPI | Common Stock | 06/17/2022 | 305 | \$18,565.69 |
| MetLife 401k Plan Trust | Common Stock | 06/17/2022 | 285 | \$17,348.26 |
| Separate Account II | Common Stock | 06/17/2022 | 83 | \$5,052.30 |
| Separate Account 100 | Common Stock | 06/17/2022 | 81 | \$4,930.56 |
| Joint Industry Board S&P 500 | Common Stock | 06/17/2022 | 21 | \$1,278.29 |
| Separate Account 149 | Common Stock | 06/17/2022 | 18 | \$1,095.68 |
| Separate Account VI | Common Stock | 06/17/2022 | 17 | \$1,034.79 |
| MetLife 401k Plan Trust | Common Stock | 08/03/2022 | 533 | \$33,898.80 |
| Separate Account II | Common Stock | 08/31/2022 | 617 | \$39,691.61 |

***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 to 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 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

9/16/2022
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)

FORM 144

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 Separate Account 149 Metropolitan Tower Life Insurance Company | | (b) RELATIONSHIP TO ISSUER Affiliate * | | |
| | | (c) ADDRESS 200 Park Avenue | | CITY New York |

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

| (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 | (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)) |
|--|---|------------------------------|---|---|---|--|--|
| | | SEC USE ONLY | | | | | |
| | | Broker-Dealer File Number | Number of Shares or Other Units To Be Sold (See Instr. 3(c)) | | | | |
| Common Stock | Goldman Sachs 200 West Street New York NY 10005 | | 41 | \$2,893.29 9/15/2022 | 797,614,319 as of 07/29/22 | 9/16/2022 | N Y S E |
| | | | | | | | |
| | | | | | | | |

- (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
- (f) Name of each securities exchange, if any, on which the securities are intended to be sold
- (g) Approximate date on which the securities are to be sold
- (h) Number of shares or other units of the class outstanding, or if debt securities the face amount
- (i) Aggregate market value of the securities to be sold as of a specified date within 10 days prior
- (j) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
- (k) Name and address of each broker through whom the securities are intended to be sold
- (l) Name and address of each issuer of securities to be sold

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

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 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 | 41 | 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 SPI | Common Stock | 06/17/2022 | 305 | \$18,565.69 |
| MetLife 401k Plan Trust | Common Stock | 06/17/2022 | 285 | \$17,348.26 |
| Separate Account II | Common Stock | 06/17/2022 | 83 | \$5,052.30 |
| Separate Account 100 | Common Stock | 06/17/2022 | 81 | \$4,930.56 |
| Joint Industry Board S&P 500 | Common Stock | 06/17/2022 | 21 | \$1,278.29 |
| Separate Account 149 | Common Stock | 06/17/2022 | 18 | \$1,095.68 |
| Separate Account VI | Common Stock | 06/17/2022 | 17 | \$1,034.79 |
| MetLife 401k Plan Trust | Common Stock | 08/03/2022 | 533 | \$33,898.80 |
| Separate Account II | Common Stock | 08/31/2022 | 617 | \$39,691.61 |

*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

9/16/2022

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)

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 | |

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|-----------------------|--|
| 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 VI Metropolitan Life Insurance Company | | (b) RELATIONSHIP TO ISSUER Affiliate * | | (c) ADDRESS 200 Park Avenue | |
| | | CITY New York | STATE New York | ZIP CODE 10016 | |
| | | (b) RELATIONSHIP TO ISSUER | | (c) ADDRESS | |
| | | CITY New York | STATE New York | ZIP CODE 10016 | |
| | | (b) RELATIONSHIP TO ISSUER | | (c) ADDRESS | |
| | | 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) | (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 | | 38 | \$2,496.22 9/15/2022 | 797,614,319 as of 07/29/22 | 9/16/2022 |
| | | | | | | |
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| | | | | | | |

| | | | | | | |
|---|--|--|--|--|--|--|
| INSTRUCTIONS: | | | | | | |
| 1. (a) Name of issuer | | | | | | |
| (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 | | | | | | |

| | | | | | | |
|--|--|--|--|--|--|--|
| 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 | | | | | | |

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 | 3/14/2019 | Purchase | Bank Of America Securities | 38 | 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 SPI MetLife 401k Plan Trust | Common Stock | 06/17/2022 | 305 | \$18,565.69 |
| Separate Account II | Common Stock | 06/17/2022 | 285 | \$17,348.26 |
| Separate Account 100 | Common Stock | 06/17/2022 | 83 | \$5,052.30 |
| Joint Industry Board S&P 500 | Common Stock | 06/17/2022 | 81 | \$4,930.56 |
| Separate Account 149 | Common Stock | 06/17/2022 | 21 | \$1,278.29 |
| Separate Account VI | Common Stock | 06/17/2022 | 18 | \$1,095.68 |
| MetLife 401k Plan Trust | Common Stock | 06/17/2022 | 17 | \$1,034.79 |
| Separate Account II | Common Stock | 08/03/2022 | 533 | \$33,898.80 |
| | Common Stock | 08/31/2022 | 617 | \$39,691.61 |

*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 operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a plan or persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this 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

9/16/2022

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)