

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

FORM 144

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

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

|   |               |
|---|---------------|
| OMB APPROVAL  |               |
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|   |  |   |  |                                    |  |
|---|--|---|--|------------------------------------|--|
| 1(a) NAME OF ISSUER (Please type or print)<br>MetLife, Inc.   |  | (b) IRS IDENT. NO.<br>13 - 4075851        |  | (c) S.E.C. FILE NO.<br>001 - 15787 |  |
| 200 Park Avenue   |  | New York                                  |  | New York                           |  |
| 1(d) ADDRESS OF ISSUER  |  | STREET                                    |  | CITY                               |  |
| 200 Park Avenue   |  | 10016                                     |  | New York                           |  |
| 2(a) NAME OF PERSON FOR WHOM ACCOUNT THE SECURITIES<br>ARE TO BE SOLD<br>Separate Account 100A<br>Metropolitan Life Insurance Company |  | (b) RELATIONSHIP TO ISSUER<br>Affiliate * |  | (c) ADDRESS<br>200 Park Avenue     |  |
|   |  |   |  | New York                           |  |
|   |  |   |  | New York                           |  |
|   |  |   |  | 10016                              |  |
|   |  |   |  | 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)  | 3(b)   | 3(c)                         | 3(d)  | 3(e)   | 3(f)   | 3(g)  |
|---|--|------------------------------|---|--|--|---|
| Title of the Class<br>of Securities To<br>Be Sold | Name and Address of Each Broker Through<br>whom the Securities Are To Be Offered or Each<br>Market Maker who is Acquiring the Securities | Broker-Dealer<br>File Number | Number of Shares<br>or Other Units To<br>Be Sold<br>(See Instr. 3(c)) | Aggregate<br>Market Value<br>(See Instr. 3(d)) | Number of Shares<br>or Other Units<br>Outstanding<br>(See Instr. 3(e)) | Approximate<br>Date of Sale<br>(See Instr. 3(f))<br>(MO DAY YR) |
| Common Stock                                      | Goldman Sachs<br>200 West Street<br>New York NY 10005  |                              | 6,668   | \$478,295.64<br>2/28/2023                      | 774,362,092<br>as of 2/14/23   | 3/1/2023  |
|   |  |                              |   |  |  |   |
|   |  |                              |   |  |  |   |
|   |  |                              |   |  |  |   |

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.

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

TABLE I --- SECURITIES TO BE SOLD

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

| Title of the Class | Date You Acquired | Nature of Acquisition Transaction | Name of Person from Whom Acquired (If gift, also give date donor acquired) | Amount of Securities Acquired | Date of Payment | Nature of Payment |
|--------------------|-------------------|-----------------------------------|--|-------------------------------|-----------------|-------------------|
| Common Stock       | 04/24/2012        | Purchase                          | Deutsche Bank  | 828                           | 04/27/2012      | Cash              |
| Common Stock       | 06/15/2012        | Purchase                          | Deutsche Bank  | 97                            | 06/20/2012      | Cash              |
| Common Stock       | 09/21/2012        | Purchase                          | Deutsche Bank  | 392                           | 09/21/2012      | Cash              |
| Common Stock       | 12/21/2012        | Purchase                          | JP Morgan  | 881                           | 12/27/2012      | Cash              |
| Common Stock       | 03/15/2013        | Purchase                          | Deutsche Bank  | 171                           | 03/20/2013      | Cash              |
| Common Stock       | 06/21/2013        | Purchase                          | Deutsche Bank  | 117                           | 06/26/2013      | Cash              |
| Common Stock       | 09/20/2013        | Purchase                          | Deutsche Bank  | 745                           | 09/25/2013      | Cash              |
| Common Stock       | 03/21/2014        | Purchase                          | Deutsche Bank  | 808                           | 03/26/2014      | Cash              |
| Common Stock       | 06/20/2014        | Purchase                          | Goldman Sachs  | 207                           | 06/25/2014      | Cash              |
| Common Stock       | 12/19/2014        | Purchase                          | Goldman Sachs  | 494                           | 12/24/2014      | Cash              |
| Common Stock       | 06/19/2015        | Purchase                          | Goldman Sachs  | 50                            | 06/24/2015      | Cash              |
| Common Stock       | 09/18/2015        | Purchase                          | Goldman Sachs  | 80                            | 09/23/2015      | Cash              |
| Common Stock       | 12/18/2015        | Purchase                          | Merrill Lynch  | 31                            | 12/23/2015      | Cash              |
| Common Stock       | 09/16/2016        | Purchase                          | Goldman Sachs  | 66                            | 09/21/2016      | Cash              |
| Common Stock       | 12/16/2016        | Purchase                          | Goldman Sachs  | 50                            | 12/21/2016      | Cash              |
| Common Stock       | 03/17/2017        | Purchase                          | Goldman Sachs  | 34                            | 03/22/2017      | Cash              |
| Common Stock       | 09/21/2018        | Purchase                          | Barclays   | 91                            | 09/25/2018      | Cash              |
| Common Stock       | 01/10/2022        | Purchase                          | Goldman Sachs  | 1,526                         | 01/12/2022      | 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             | 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    |
| Separate Account 100         | Common Stock             | 12/16/2022   | 82                        | \$5,860.54     |
| Joint Industry Board S&P 500 | Common Stock             | 12/16/2022   | 21                        | \$1,500.87     |
| Separate Account 149         | Common Stock             | 12/16/2022   | 18                        | \$1,286.46     |
| Separate Account SPI         | Common Stock             | 12/16/2022   | 304                       | \$21,726.88    |
| Separate Account II          | Common Stock             | 12/16/2022   | 66                        | \$4,717.02     |
| MetLife 401k Plan Trust      | Common Stock             | 12/16/2022   | 281                       | \$20,083.07    |
| MetLife 401k Plan Trust      | Common Stock             | 12/16/2022   | 160                       | \$11,435.20    |
| Separate Account VI          | Common Stock             | 01/06/2023   | 1,548                     | \$113,901.84   |
| Separate Account SPI         | Common Stock             | 01/12/2023   | 498                       | \$35,552.22    |

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

ATTENTION: The person for whose account the securities to which this notice relates are to be sold hereby represents by filing 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

3/1/2023

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)