

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.

1(a) NAME OF ISSUER (Please type or print) MetLife, Inc.			(b) IRS IDENT. NO. 13 - 4075851		(c) S.E.C. FILE NO. 001 - 15787	
1(d) ADDRESS OF ISSUER 200 Park Avenue			STREET 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	
			STREET CITY New York		STATE New York	
			ZIP CODE 10016			

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

3(a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through whom the Securities Are To be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY	(C)	(d)	(e)	(f)	(g)
		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)	Name of Each Securities Exchange (See. Instr. 3(c))
Common Stock	Cantor Fitzgerald & Co. 110 E 59th Street 3rd Floor New York, NY 10022		533	\$33,051.33 8/2/2022	813,205,926 as of 04/29/22	8/3/2022	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.

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	

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	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

***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

8/3/2022

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)