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METLIFE TO HOLD CONFERENCE CALL FOR FOURTH QUARTER AND FULL YEAR 2019 RESULTS

NEW YORK, Jan. 8, 2020 – MetLife, Inc. (NYSE: MET) today announced that it will hold its fourth quarter and full year 2019 earnings conference call and audio webcast on Thursday, Feb. 6, 2020, from 9-10 a.m. (ET). The call will follow MetLife's issuance of its fourth quarter and full year 2019 earnings news release and release of its Fourth Quarter 2019 Financial Supplement on Wednesday, Feb. 5, 2020, after the market closes. The news release and Fourth Quarter 2019 Financial Supplement will also be available on the MetLife Investor Relations web page (<https://investor.metlife.com>).

The conference call will be available live via telephone and the internet. To listen via telephone, dial 844-291-6362 (U.S.) or 234-720-6995 (outside the U.S.). The participant access code is 6162808. To listen to the conference call via the internet, visit www.metlife.com through a link on the Investor Relations page. Those who want to listen to the call via telephone or the internet should dial in or go to the website at least 15 minutes prior to the call to register, and/or download and install any necessary audio software.

The conference call will be available for replay via telephone and the internet beginning at 11 a.m. (ET) on Thursday, Feb. 6, 2020, until Thursday, Feb. 13, 2020, at 11:59 p.m. (ET). To listen to a replay of the conference call via telephone, dial 866-207-1041 (U.S.) or 402-970-0847 (outside the U.S.). The access code for the replay is 5892126. To access the replay of the conference call over the internet, visit the above-mentioned website.

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About MetLife

MetLife, Inc. (NYSE: MET), through its subsidiaries and affiliates ("MetLife"), is one of the world's leading financial services companies, providing insurance, annuities, employee benefits and asset management to help its individual and institutional customers navigate their changing world. Founded in 1868, MetLife has operations in more than 40 markets and holds leading positions in the United States, Japan, Latin America, Asia, Europe and the Middle East. For more information, visit www.metlife.com.