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if no lo subject Section Form 4 Form 5 obligati may co <i>See</i> Ins 1(b).	10, 2016 A UNITED this box nger to 16. or Filed pu Section 17	MENT OF CH rsuant to Sectio (a) of the Public	Vashington, I ANGES IN B SECURI n 16(a) of the	D.C. 20 BENEFI TIES Securit ing Con	549 ICLA ies H	AL OWN Exchange y Act of	ERSHIP OF Act of 1934, 1935 or Section	OMB API OMB Number: Expires: Estimated av burden hours response	3235-0287 January 31, 2005 verage	
(Print or Type Responses) 1. Name and Address of Reporting Person <u>*</u> Hijkoop Frans (Last) (First) (Middle) 200 PARK AVENUE			 Issuer Name and Ticker or Trading Symbol METLIFE INC [MET] Date of Earliest Transaction Month/Day/Year) 1/09/2016 				5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X Officer (give title 10% Owner below) Other (specify below)			
			4. If Amendment, Date Original Filed(Month/Day/Year)				EVP & Chief HR Officer 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	able I - Non-De	rivative	Secu			or Beneficially	Qwned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		3. 4. Securities Acquired (A) Transactionor Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price			quired (A) D))	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of	
Common Stock	11/09/2016				A	\$ 38.29	111,813.1401	D		
Common Stock	11/09/2016		S 56	5,250	D	\$ 51.4831 (<u>1)</u> (<u>2</u>)	55,563.1401	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 38.29	11/09/2016		М	56,250	(3)	02/27/2022	Common Stock	56,250

Reporting Owners

Reporting Owner Name / Address			Relationships		
	Director	10% Owner	Officer	Other	
Hijkoop Frans 200 PARK AVENUE NEW YORK, NY 10166			EVP & Chief HR Officer		
Signatures					
Mark Schuman, Authorized Signer		11/10/2016			

**Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

The price reported is the weighted average price of the aggregate number of shares sold in multiple open market transactions. The(1) Reporting Person undertakes to provide to the staff of the SEC, MetLife, Inc., or a security holder of the Issuer, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnote (2) to this Form 4.

- (2) The shares were sold in multiple transactions at prices ranging from \$51.46 to \$51.50, inclusive.
- (3) The options became exercisable in three equal installments on February 28, 2013, 2014, 2015.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. 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 number.