Mullaney William J Form 4 September 21, 2010

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287

Expires: January 31, 2005 Estimated average

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Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

	31	F)							
		*	Symbo	uer Name and Ticker l LIFE INC [MET]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
	(Last)	(First)	(Middle) 3. Date	of Earliest Transactio	n	(Circ	ск ин иррпси	<i>(</i>	
			(Month	/Day/Year)		Director	1	0% Owner	
200 PARK AVENUE			09/20	09/20/2010			re title O below)	ther (specify	
200 PARK AVENUE (Street) NEW YORK, NY 10166 (City) (State) (Zip) 1.Title of Security (Month/Day/Year) (Instr. 3) 2A. Dee Execution (Instr. 3)						Presid	ent, U.S. Bus	iness	
		(Street)	4. If A	nendment, Date Origi	6. Individual or Joint/Group Filing(Check				
	NEW YOL	RK, NY 10166	Filed(N	Ionth/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
			(Zip) Ta	ble I - Non-Derivativ	e Securities Acq	quired, Disposed of, or Beneficially Owned			
	Security		Execution Date, if	3. 4. Securir Transaction Dispos Code (Instr. 3, (Instr. 8)	` '	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	

(Instr. 3)	(Woldin Day, Tear)	any (Month/Day/Year)	Code (Instr. 8)	(Instr. 3,		` '	Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
Common Stock	09/20/2010		M	425	A	\$ 29.95	54,383	D	
Common Stock	09/20/2010		S(1)	425	D	\$ 41.6301	53,958	D	
Common Stock							46	I	By the MetLife Policyholder Trust (2)
Common Stock							65	I	By Daughter in the MetLife

Policyholder Trust (2)

(9-02)

8. F Dei Sec (Ins

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 onof Derivative 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	\$ 29.95	09/20/2010		M	425	(3)	04/08/2011	Common Stock	425

Reporting Owners

Relationships Reporting Owner Name / Address

> Director 10% Owner Officer Other

Mullaney William J 200 PARK AVENUE President, U.S. Business NEW YORK, NY 10166

Signatures

Buy)

Gwenn L. Carr, authorized 09/21/2010 signer

**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).

Reporting Owners 2

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- (1) The sale transaction reported in this Form 4 was effected pursuant to a Rule 10b5-1 Sales Plan adopted by the reporting person on June 10, 2009.
- Shares held in trust under the MetLife Policyholder Trust established to hold shares of Common Stock allocated to eligible policyholders of Metropolitan Life Insurance Company, a wholly-owned subsidiary of MetLife, Inc.
- (3) The option became fully exercisable on April 9, 2004.

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.