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McCallion Je Form 4 March 05, 20												
FORM										OMB AF	PROVAL	
					NGE C	OMMISSION	OMB Number:	3235-0287				
Check th if no long subject to Section 1 Form 4 o Form 5 obligatio may cont <i>See</i> Instru 1(b).	Washington, D.C. 20549 CHANGES IN BENEFICIAL OWNERSHIP SECURITIES ection 16(a) of the Securities Exchange Act of 19 Public Utility Holding Company Act of 1935 or S of the Investment Company Act of 1940							Estimated average burden hours per response 0. 4,				
(Print or Type I	Responses)											
			2. Issuer Name and Ticker or Trading Symbol METLIFE INC [MET]						5. Relationship of Reporting Person(s) to Issuer			
(Last)		L	•	-			(Check all applicable)					
()			(Month/D	3. Date of Earliest Transaction (Month/Day/Year) 03/01/2019					Director 10% Owner X Officer (give title Other (specify below) below) EVP & Chief Financial Officer			
				ndment, Date Original nth/Day/Year)					 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)	Tabl	e I - Non-I	Deriv	ative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	n Date, if	3. Transactic Code (Instr. 8) Code V	on(A) (Ins) or Di str. 3, 4	spose		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial	
Common Stock	03/01/2019			М	1,5	580	А	<u>(1)</u>	22,198	D		
Common Stock	03/01/2019			F <u>(2)</u>	53	7	D	\$ 45.55	21,661	D		
Common Stock	03/01/2019			М	72	6	A	<u>(1)</u>	22,387	D		
Common Stock	03/01/2019			F(2)	24	7	D	\$ 45.55	22,140	D		
Common Stock	03/04/2019			М	1,1	190	А	<u>(1)</u>	23,330	D		

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 $F^{(2)}$

Common	03/04/2019
Stock	03/04/2019

9

405 D ^{\$} 22,925 D

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

Persons who 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 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)	4. Transactic Code (Instr. 8)	5. Number 6. Date Exercisable and prof Derivative Expiration Date Securities (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Pr Deriv Secu (Inst	
			Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Units	<u>(1)</u>	03/01/2019	М		1,580 (3)	<u>(4)</u>	(4)	Common Stock	1,580 (3)	\$
Restricted Stock Units	<u>(1)</u>	03/01/2019	М		726 (5)	<u>(4)</u>	(4)	Common Stock	726 <u>(5)</u>	\$
Restricted Stock Units	<u>(1)</u>	03/04/2019	М		1,190	<u>(4)</u>	<u>(4)</u>	Common Stock	1,190	\$

Reporting Owners

Reporting Owner Name / Address	Relationships								
Reporting Owner Manie / Address	Director	10% Owner	Officer	Other					
McCallion John D. METLIFE, INC., 200 PARK AVENUE NEW YORK, NY 10166			EVP & Chief Financial Officer						
Signatures									
Mark A. Schuman, authorized signer	03/05/20)19							
**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).
- (1) Each Restricted Stock Unit is the contingent right to receive one share of MetLife, Inc. common stock.
- (2) Shares withheld to satisfy the Reporting Person's tax withholding obligation due on the Restricted Stock Unit payout.

Includes 168 Restricted Stock Units previously added to the reporting person's award through an adjustment to maintain the intrinsic(3) value of the Restricted Stock Units in light of the distribution by MetLife, Inc., to its shareholders of Brighthouse Financial, Inc. common stock. The reporting person did not receive shares of Brighthouse Financial, Inc. common stock on account of the Restricted Stock Units.

(4) The Restricted Stock Units vest in three installments on the first business day in March on or following each of the first three anniversaries of the Grant Date.

 Includes 77 Restricted Stock Units previously added to the reporting person's award through an adjustment to maintain the intrinsic value
 (5) of the Restricted Stock Units in light of the distribution by MetLife, Inc., to its shareholders of Brighthouse Financial, Inc. common stock. The reporting person did not receive shares of Brighthouse Financial, Inc. common stock on account of the Restricted Stock Units.

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.