



NEWS RELEASE

MetLife Declares First Quarter 2026 Common Stock Dividend

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NEW YORK--(BUSINESS WIRE)-- MetLife, Inc. (NYSE: MET) today announced that its board of directors has declared a first quarter 2026 common stock dividend of \$0.5675 per share. The dividend will be payable on March 10, 2026, to shareholders of record as of Feb. 3, 2026.

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 individual and institutional customers build a more confident future. Founded in 1868, MetLife has operations in more than 40 markets globally and holds leading positions in the United States, Asia, Latin America, Europe and the Middle East. For more information, visit www.metlife.com.

Forward-Looking Statements

The forward-looking statements in this news release, using words such as "will," are based on assumptions and expectations that involve risks and uncertainties, including the "Risk Factors" MetLife, Inc. describes in its U.S. Securities and Exchange Commission filings. MetLife's future results could differ, and it does not undertake any obligation to publicly correct or update any of these statements.

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