NEWS RELEASE

MetLife Declares Third Quarter 2026 Common Stock Dividend

2026-07-07

NEW YORK--(BUSINESS WIRE)-- MetLife, Inc. (NYSE: MET) today announced that its board of directors has declared a third quarter 2026 common stock dividend of $0.5925 per share. The dividend will be payable on September 8, 2026, to shareholders of record as of August 4, 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.

For Media:

Steve LaMarca
646-884-3840

Steve.LaMarca@metlife.com

For Investors:

John Hall

212-578-7888

John.A.Hall@metlife.com

Source: MetLife, Inc.