



NEWS RELEASE

MetLife to Hold Combined Earnings and Outlook Conference Call

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NEW YORK--(BUSINESS WIRE)-- MetLife, Inc. (NYSE: MET) today announced that it will hold a combined fourth quarter and full year 2025 earnings and outlook conference call and audio webcast on Thursday, February 5, 2026, from 9-10 a.m. (ET). The call will follow MetLife's issuance of its fourth quarter and full year 2025 earnings news release, Fourth Quarter 2025 Financial Supplement and outlook materials on Wednesday, February 4, 2026, after the market closes. The news release, Fourth Quarter 2025 Financial Supplement, and outlook materials will also be available on the MetLife Investor Relations webpage (<https://investor.metlife.com>).

The call and accompanying materials will include statements relating to the business, operations, financial results and outlook for MetLife, as well as certain projections regarding the company's future performance.

The conference call will be available live via the internet. To listen to the conference call, click the following link to register (<https://events.q4inc.com/attendee/951205562>).

The conference call will be available for replay via telephone and the internet beginning at 11:00 a.m. (ET) on Thursday, February 5, 2026, until Thursday, February 12, 2026, at 11:59 p.m. (ET). To listen to a replay of the conference call via telephone, dial 800-770-2030 (U.S.) or 647-362-9199 (outside the U.S.). The Conference ID for the replay is 11336 followed by the # key. To access the replay of the conference call via the internet, visit the MetLife Investor Relations webpage (<https://investor.metlife.com>).

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.

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