

MetLife Recognized for Work-Life Policies for Fourth Year in a Row
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MetLife, Inc. (NYSE:MET) today announced that it has been awarded the 2016 Seal of Distinction from WorldAtWork's Alliance for Work-Life Progress (AWLP) for creating a culture that supports work-life balance. This is the fourth year in a row MetLife has been recognized for this honor.

The AWLP evaluates employers annually to identify organizational success in work-life practices and policies, awarding the Seal of Distinction for those organizations that offer best-in-class policies and programs to support employees at home and in today's workplace.

"MetLife offers a wide range of programs and policies to address the diverse needs of our employees," said Elizabeth Nieto, MetLife's global chief diversity and inclusion officer. "We're proud to be honored with the 2016 Seal of Distinction, which demonstrates our commitment to provide employees with support and resources to help them be their best at work and at home."

In granting the Seal of Distinction, the Alliance for Work-Life Progress evaluates companies' programs, policies and practices in seven categories of work-life effectiveness:

- Caring for dependents
- Health and wellness
- Workplace flexibility
- Financial support for economic security
- Paid and unpaid time off
- Community involvement
- Transforming organizational culture

MetLife will be honored March 9, 2016 at the Awards Gala Reception at the WorldAtWork AWLP 2016 Future of Work Forum in New Orleans.

For more information about working at MetLife, please see <https://www.metlife.com/careers/working-here/index.html>.

About MetLife

MetLife, Inc. (NYSE:MET), through its subsidiaries and affiliates ("MetLife"), is one of the largest life insurance companies in the world. Founded in 1868, MetLife is a global provider of life insurance, annuities, employee benefits and asset management. Serving approximately 100 million customers, MetLife has operations in nearly 50 countries and holds leading market positions in the United States, Japan, Latin America, Asia, Europe and the Middle East. For more information, visit www.metlife.com.

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