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	9, 2011 M 4 UNITED	STATES				AND EX			COMMISSIO	N OMB Number	January 31,	,
if no lo subject Section Form 4 Form 5 obligati may co <i>See</i> Ins 1(b).	to 16. or Filed pu ions Section 17/	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Expires: 2005 Estimated average burden hours per response 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 0.5 Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 0.5										
(Print or Type	e Responses)											
1. Name and TOPPETA	2. Issuer Name and Ticker or Trading Symbol METLIFE INC [MET]					ling	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Last) (First) (Middle) 200 PARK AVENUE			3. Date of Earliest Transaction (Month/Day/Year) 02/07/2011						Director 10% Owner X Officer (give title Other (specify below) below) President, International			
(Street) NEW YORK, NY 10166			4. If Amendment, Date Original Filed(Month/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)	Tał	ble I - N	on-	Derivativ	e Secu	ırities Ac	quired, Disposed	of, or Benefi	cially Owned	
1.Title of Security (Instr. 3)		on Date 2A. Deemed /Year) Execution Date, if any (Month/Day/Year)			3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or				5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	rm: Beneficial rect (D) Ownership Indirect (Instr. 4)	
Common	02/07/2011			Code $M^{(1)}$	V	Amount 7,335	(D) A	Price \$ 30.35	137,950	D		
Stock Common	02/07/2011			S <u>(1)</u>		7,335	D	\$ 30.35 \$ 47.38	130,615	D		
Stock Common Stock								47.38	344	I	By the MetLife Policyholder Trust (2)	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 30.35	02/07/2011		M <u>(1)</u>	7,335	(3)	02/18/2012	Common Stock	7,335

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
TOPPETA WILLIAM J 200 PARK AVENUE NEW YORK, NY 10166			President, International					
Signatures								
Richard S. Collins, authorized		02/09/2011						

signer

**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).
- The stock option exercise and the sale of the shares associated with the exercise reported in this Form 4 were effected pursuant to a Rule (1)10b5-1 Sales Plan adopted by the reporting person on August 6, 2010.
- Shares held in trust under the MetLife Policyholder Trust established to hold shares of Common Stock allocated to eligible policyholders (2) of Metropolitan Life Insurance Company, a wholly-owned subsidiary of MetLife, Inc.
- (3) The option vested in three equal installments on February 19, 2003, 2004, and 2005

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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