



Preference Plus[®] Account - Supplemental Savings Performance Summary as of 09/30/19

Metropolitan Life Insurance Company

Variable Investment Option Performance Update

The performance data quoted represents past performance and does not guarantee future results. Current performance may be lower or higher than the performance figures quoted. Performance current to the most recent month-end may be viewed at www.metlife.com. The account balance is subject to market fluctuations and investment risk so that, when withdrawn, it may be worth more or less than its original value. For Investment Divisions that invest in Portfolios of the underlying Trust that were in existence prior to the Investment Division inception date, these returns have been adjusted to reflect the charges and expenses of the Preference Plus Account Variable Annuity, as if the contract had existed during the stated period(s), including all Portfolio-level expenses and the Separate Account Charge of 0.95%. These results do not reflect the withdrawal charges which begin at 7% and decrease over 7 years (for returns reflecting these charges, see the Standardized report pages in this document that follows this Nonstandardized report). **These figures represent past performance and are not an indication of future performance.**

PPA - Supplemental Savings Non-Standardized Performance: Without surrender charges applied as of 09/30/2019

Asset Class	Variable Investment Options	Style	One Month	YTD	1 Year	3 Year*	5 Year*	10 Year or Since Portfolio Inception*	Portfolio Inception Date
Domestic Equity (Large Cap)	American Funds® Growth Fund - Class 2	Growth	-0.28%	14.61%	-1.74%	13.53%	11.23%	12.02%	02/08/1984
	American Funds® Growth-Income Fund - Class 2	Blend	0.50%	14.98%	0.68%	11.66%	9.06%	11.20%	02/08/1984
	BlackRock Capital Appreciation Portfolio - Class A	Growth	-2.05%	20.42%	1.52%	16.20%	12.28%	12.10%	10/31/1994
	Brighthouse/Wellington Core Equity Opportunities Portfolio - Class A	Value	0.01%	24.05%	12.53%	13.39%	10.48%	11.02%	10/31/1994
	Brighthouse/Wellington Large Cap Research Portfolio - Class A	Blend	0.96%	20.35%	1.52%	11.43%	10.19%	11.73%	06/24/1983
	ClearBridge Aggressive Growth Portfolio - Class A	Growth	1.09%	11.41%	-6.85%	6.27%	3.79%	12.00%	05/01/2001
	Jennison Growth Portfolio - Class A	Growth	-1.10%	17.51%	-1.52%	16.10%	12.15%	13.29%	05/01/2000
	MetLife Stock Index Portfolio - Class A	Blend	1.76%	19.46%	3.02%	12.06%	9.53%	11.90%	05/01/1990
	MFS® Value Portfolio - Class A	Value	2.45%	20.73%	6.41%	9.42%	8.32%	10.76%	11/09/1998
	T. Rowe Price Large Cap Growth Portfolio - Class A	Growth	-0.98%	18.21%	1.38%	15.38%	12.12%	13.95%	11/09/1998
Domestic Equity (Mid Cap)	Brighthouse/Artisan Mid Cap Value Portfolio - Class A	Value	4.44%	16.27%	-3.08%	6.17%	4.33%	9.10%	04/30/1993
	Frontier Mid Cap Growth Portfolio - Class A	Growth	-0.65%	22.27%	3.47%	12.14%	9.96%	10.91%	04/29/1988
	MetLife Mid Cap Stock Index Portfolio - Class A	Blend	2.94%	16.85%	-3.63%	8.08%	7.60%	11.23%	07/05/2000
	Morgan Stanley Discovery Portfolio - Class A	Growth	-10.82%	29.21%	4.57%	21.07%	11.44%	12.02%	03/03/1997
	T. Rowe Price Mid Cap Growth Portfolio - Class A	Growth	-0.46%	22.36%	6.04%	13.86%	12.26%	13.84%	02/12/2001
Victory Sycamore Mid Cap Value Portfolio - Class A	Value	3.90%	21.11%	2.12%	7.86%	5.05%	9.23%	11/09/1998	
Domestic Equity (Small Cap)	Loomis Sayles Small Cap Core Portfolio - Class A	Blend	0.42%	16.44%	-6.01%	8.37%	7.85%	11.33%	05/02/1994
	Loomis Sayles Small Cap Growth Portfolio - Class A	Growth	-3.92%	14.49%	-7.97%	13.63%	10.46%	13.56%	05/01/2001
	MetLife Russell 2000® Index Portfolio - Class A	Blend	1.85%	13.49%	-9.58%	7.25%	7.24%	10.21%	11/09/1998
	Neuberger Berman Genesis Portfolio - Class A	Value	0.02%	21.50%	1.24%	11.32%	9.78%	11.09%	07/05/2000
	T. Rowe Price Small Cap Growth Portfolio - Class A	Growth	-0.87%	21.67%	-2.03%	12.44%	10.50%	14.38%	03/03/1997
Balanced	Brighthouse/Wellington Balanced Portfolio - Class A		0.40%	15.51%	4.39%	7.87%	7.15%	8.62%	07/25/1986
	MFS® Total Return Portfolio - Class E		1.39%	13.91%	5.72%	6.12%	5.38%	7.17%	07/01/2002
International Equity	American Funds® Global Small Capitalization Fund - Class 2		-0.75%	18.16%	-0.98%	8.16%	5.83%	7.16%	04/30/1998
	Baillie Gifford International Stock Portfolio - Class A		1.43%	17.41%	0.45%	7.12%	5.52%	3.90%	07/01/1991
	Invesco Global Equity Portfolio - Class A		-0.03%	15.73%	-2.76%	10.71%	6.75%	8.94%	03/03/1997
	MetLife MSCI EAFE® Index Portfolio - Class A		2.86%	12.28%	-2.23%	5.23%	2.20%	3.77%	11/09/1998
	MFS® Research International Portfolio - Class A		2.51%	16.41%	0.32%	6.96%	3.08%	4.43%	02/12/2001
Fixed Income	BlackRock Bond Income Portfolio - Class A	Interm.	-0.59%	8.51%	9.43%	2.36%	2.69%	3.53%	06/24/1983
	Brighthouse/Franklin Low Duration Total Return Portfolio - Class B	Short	0.03%	3.14%	2.56%	1.05%	0.66%	0.61%	04/29/2011
	MetLife Aggregate Bond Index Portfolio - Class A	Interm.	-0.62%	7.68%	9.07%	1.76%	2.18%	2.48%	11/09/1998
	PIMCO Total Return Portfolio - Class A	Interm.	-0.49%	8.10%	8.99%	2.70%	2.66%	3.21%	02/12/2001
	Western Asset Management Strategic Bond Opportunities Portfolio - Class A	Multisector	0.29%	11.21%	9.05%	4.03%	3.41%	5.25%	10/31/1994
	Western Asset Management U.S. Government Portfolio - Class A	Interm. Gov.	-0.33%	4.84%	6.16%	1.13%	1.23%	1.76%	10/31/1994
Specialty	Clarion Global Real Estate Portfolio - Class A		1.85%	20.96%	13.37%	4.09%	4.82%	6.83%	04/30/2004

AUTOMATED INVESTMENT STRATEGIES (A.I.S)	Year to Date	1 Year	3 Years Ann.	5 Years Ann.	10 Years Ann.	Strategy Incep. Date
Equity Generator [®] MetLife Stock Index	2.30%	3.15%	3.29%	3.56%	4.39%	07/02/1990
Equity Generator [®] Frontier Mid Cap Growth	2.25%	3.13%	3.30%	3.54%	4.25%	07/02/1990
Equalizer SM MetLife Stock Index	10.72%	3.58%	7.68%	6.41%	7.59%	07/02/1990
Equalizer SM Frontier Mid Cap Growth	12.25%	4.16%	7.85%	6.71%	7.23%	07/02/1990

*Annualized for Investment Options/Portfolios in existence for more than one year.

Current performance may be lower or higher than the performance quoted.

This is past performance and is no guarantee of future results.

A MetLife investment option may have a name and/or investment objective similar to that of another mutual fund with the same manager. Despite any similarity, the MetLife option is separate and distinct and will not have the same performance. Different performance will result from different investment policies, cash flows, fees, expenses and fund asset sizes.

The performance shown may reflect, for some periods described, the management of previous investment managers. Please see the prospectus for more information.

A fee waiver or expense limit may be or have been in place for any of the investment options. The reduced expenses that may result from this waiver or limit may increase performance results. Please see the prospectus for more information.

Certain investment options may have adopted, with respect to certain classes, a distribution plan under Rule 12b-1 of the Investment Company Act of 1940. MetLife is paid the 12b-1 fee under the plan. Please see the prospectus for more information.

Prior to March 6, 2017, Brighthouse Funds Trust I was known as Met Investors Series Trust and Brighthouse Funds Trust II was known as Metropolitan Series Fund.

Prior to the close of business on April 29, 2005, the Met/Putnam Voyager Portfolio was merged into the Jennison Growth Portfolio. The Met/Putnam Voyager Division is no longer available under this product. Performance for Jennison Growth consists of performance for the Met/Putnam Voyager Division before April 29, 2005 and performance of the Jennison Growth Division on and after April 29, 2005.

On or about April 30, 2007, the BlackRock Large Cap Portfolio of the Metropolitan Series Fund, Inc. merged into the BlackRock Large Cap Core Portfolio (currently known as Met/Wellington Large Cap Research Portfolio) of the Met Investors Series Trust. Values prior to April 30, 2007 reflect the performance of the BlackRock Large Cap Portfolio (formerly the BlackRock Investment Trust Portfolio).

Effective April 28, 2008, the MFS® Value Portfolio of the Met Investors Series Trust (MIST) merged with and into the MFS® Value Portfolio of the Metropolitan Series Fund, Inc. (MSF). Values before April 28, 2008 reflect the performance of the MSF MFS® Value Portfolio (formerly Harris Oakmark Large Cap Value Portfolio) since its inception on November 9, 1998. (Note that because the MIST MFS® Value Portfolio is deemed to be the "accounting" survivor of the merger, the performance history set forth in the Portfolio's April 28, 2008 prospectus is that of the MIST MFS® Value Portfolio.)

Effective May 3, 2010, the following investment portfolio merged: FI Mid Cap Opportunities Portfolio into Morgan Stanley Mid Cap Growth Portfolio. Performance for the Morgan Stanley Mid Cap Growth Portfolio consists of the performance for the FI Mid Cap Opportunities Portfolio before and on April 30, 2010 and the Morgan Stanley Mid Cap Growth Portfolio after April 30, 2010.

Effective April 30, 2012, the Lord Abbett Mid Cap Value Portfolio of the Metropolitan Series Fund merged into the Lord Abbett Mid Cap Value Portfolio (currently known as Invesco Mid Cap Value Portfolio) of the Met Investors Series Trust. Values before April 30, 2012 reflect the performance of the Lord Abbett Mid Cap Value Portfolio of the Metropolitan Series Fund.

Prior to the opening of business on April 29, 2013, the Oppenheimer Global Equity Portfolio of the Metropolitan Series Fund (MSF) merged with and into the Met/Templeton Growth Portfolio of Met Investors Series Trust (MIST) and the Met/Templeton Growth Portfolio was renamed the MIST Oppenheimer Global Equity Portfolio. Values before April 29, 2013 reflect the performance of the Oppenheimer Global Equity Portfolio of the Metropolitan Series Fund.

Prior to April 29, 2019, the Morgan Stanley Discovery Portfolio was known as the Morgan Stanley Mid Cap Growth Portfolio.

Investment Performance Is Not Guaranteed.

Prospectuses for the Preference Plus Account variable annuity issued by Metropolitan Life Insurance Company and for the investment portfolios are available from your financial professional or at www.metlife.com. The contract prospectus contains information about the contract's features, risks, charges and expenses. The investment objectives, risks and policies of the investment options, as well as other information about the investment options, are described in their respective prospectuses. Investors should consider the investment objectives, risks, charges and expenses of the investment company carefully before investing. Please read the prospectuses and consider this information carefully before investing. Product availability and features may vary by state. Please refer to the contract prospectus for more complete details regarding the living and death benefits. Variable annuities are long-term investments designed for retirement purposes. Variable annuities have limitations, exclusions, charges, termination provisions and terms for keeping them in force. There is no guarantee that any of the variable investment options in this product will meet its stated goals or objectives. The account value is subject to market fluctuations and investment risk so that, when withdrawn, it may be worth more or less than its original value. All product guarantees, including optional benefits, are subject to the claims-paying ability and financial strength of the issuing insurance company. Please contact your financial professional for complete details.

Distributions of 401(k), 403(b) or 457(b) salary reduction contributions allocated to an account, and any earnings on such contributions, are generally not permitted prior to attaining normal retirement age under the retirement plan except under certain circumstances, such as an individual's severance from employment with the employer sponsoring the plan or the individual's death, disability or hardship (or 457(b) unforeseeable emergency) as permitted under the plan. Distributions of contributions and any earnings may also be restricted as defined in the plan documents. Contact the plan administrator to determine when and under what circumstances the individual may request a distribution from the plan. Where permitted, distributions of taxable amounts are generally subject to ordinary income tax and, if made before age 59½, may be subject to a 10% federal income tax penalty. In the case of 457(b) governmental plans, there is no 10% federal income tax penalty except that the 10% federal income tax penalty may apply to distributions of amounts previously rolled over to a governmental 457(b) plan from another type of employer retirement plan or IRA. Consult a tax advisor to determine if an exception to the 10% federal income tax penalty may apply.

Preference Plus Account variable annuity is issued by Metropolitan Life Insurance Company, New York, NY 10166, and distributed by MetLife Investors Distribution Company (member FINRA). Both are MetLife companies. Policy Form number Series G.4333-7.

Metropolitan Life Insurance Company • New York, NY 10166

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• Not Guaranteed By Any Bank Or Credit Union • May Go Down In Value

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Preference Plus® Account - Supplemental Savings

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PPA - Supplemental Savings		Average Annual Total Return as of 09/30/2019 Assuming Contract Surrender			Standardized as of 09/30/2019 Assuming Contract Surrender			Portfolio Inception Date	Investment Division Inception Date
		1 Year	5 Year*	10 Year or Since Portfolio Inception*	1 Year	5 Year*	10 Year or Since Investment Division Inception*		
Asset Class	Variable Investment Options	1 Year	5 Year*	10 Year or Since Portfolio Inception*	1 Year	5 Year*	10 Year or Since Investment Division Inception*	Portfolio Inception Date	Investment Division Inception Date
Domestic Equity (Large Cap)	American Funds® Growth	-8.06%	10.90%	12.02%	-8.06%	10.90%	12.02%	02/08/1984	05/01/2001
	American Funds® Growth-Income	-5.61%	8.70%	11.20%	-5.61%	8.70%	11.20%	02/08/1984	05/01/2001
	BlackRock Capital Appreciation	-4.77%	11.97%	12.10%	-4.77%	11.97%	12.10%	10/31/1994	05/01/2004
	BrightHouse/Wellington Core Equity Opportunities	6.32%	10.14%	11.02%	6.32%	10.14%	11.02%	10/31/1994	07/05/2000
	BrightHouse/Wellington Large Cap Research	-4.77%	9.84%	11.73%	-4.77%	9.84%	11.73%	06/24/1983	07/02/1990
	ClearBridge Aggressive Growth	-13.20%	3.33%	12.00%	-13.20%	3.33%	12.00%	05/01/2001	05/01/2001
	Jennison Growth	-7.83%	11.84%	13.29%	-7.83%	11.84%	13.29%	05/01/2000	07/05/2000
	MetLife Stock Index	-3.26%	9.17%	11.90%	-3.26%	9.17%	11.90%	05/01/1990	07/02/1990
	MFS® Value	0.15%	7.94%	10.76%	0.15%	7.94%	10.76%	11/09/1998	11/09/1998
	T. Rowe Price Large Cap Growth	-4.91%	11.80%	13.95%	-4.91%	11.80%	13.95%	11/09/1998	11/09/1998
Domestic Equity (Mid Cap)	BrightHouse/Artisan Mid Cap Value Portfolio	-9.40%	3.89%	9.10%	-9.40%	3.89%	9.10%	04/30/1993	05/01/2001
	Frontier Mid Cap Growth	-2.80%	9.61%	10.91%	-2.80%	9.61%	10.91%	04/29/1988	07/02/1990
	MetLife Mid Cap Stock Index	-9.96%	7.22%	11.23%	-9.96%	7.22%	11.23%	07/05/2000	07/05/2000
	Morgan Stanley Discovery	-1.70%	11.11%	12.02%	-1.70%	11.11%	12.02%	03/03/1997	03/03/1997
	T. Rowe Price Mid Cap Growth	-0.22%	11.95%	13.84%	-0.22%	11.95%	13.84%	02/12/2001	05/01/2001
	Victory Sycamore Mid Cap Value	-4.17%	4.62%	9.23%	-4.17%	4.62%	9.23%	11/09/1998	11/09/1998
Domestic Equity (Small Cap)	Loomis Sayles Small Cap Core	-12.35%	7.47%	11.33%	-12.35%	7.47%	11.33%	05/02/1994	07/05/2000
	Loomis Sayles Small Cap Growth	-14.33%	10.12%	13.56%	-14.33%	10.12%	13.56%	05/01/2001	05/01/2001
	MetLife Russell 2000® Index	-15.95%	6.85%	10.21%	-15.95%	6.85%	10.21%	11/09/1998	11/09/1998
	Neuberger Berman Genesis	-5.05%	9.43%	11.09%	-5.05%	9.43%	11.09%	07/05/2000	07/05/2000
	T. Rowe Price Small Cap Growth	-8.34%	10.16%	14.38%	-8.34%	10.16%	14.38%	03/03/1997	03/03/1997
Balanced	BrightHouse/Wellington Balanced	-1.88%	6.76%	8.62%	-1.88%	6.76%	8.62%	07/25/1986	07/02/1990
	MFS® Total Return	-0.54%	4.96%	7.17%	-0.54%	4.96%	7.17%	07/01/2002	08/05/2002
International Equity	American Funds® Global Small Capitalization	-7.29%	5.42%	7.16%	-7.29%	5.42%	7.16%	04/30/1998	05/01/2001
	Baillie Gifford International Stock	-5.85%	5.09%	3.90%	-5.85%	5.09%	3.90%	07/01/1991	07/01/1991
	Invesco Global Equity	-9.08%	6.35%	8.94%	-9.08%	6.35%	8.94%	03/03/1997	03/03/1997
	MetLife MSCI EAFE® Index	-8.54%	1.71%	3.77%	-8.54%	1.71%	3.77%	11/09/1998	11/09/1998
	MFS® Research International	-5.98%	2.61%	4.43%	-5.98%	2.61%	4.43%	02/12/2001	05/01/2001
Fixed Income	BlackRock Bond Income	3.19%	2.21%	3.53%	3.19%	2.21%	3.53%	06/24/1983	07/02/1990
	BrightHouse/Franklin Low Duration Total Return	-3.72%	0.13%	0.61%	-3.72%	0.13%	0.63%	04/29/2011	05/02/2011
	MetLife Aggregate Bond Index	2.83%	1.69%	2.48%	2.83%	1.69%	2.48%	11/09/1998	11/09/1998
	PIMCO Total Return	2.75%	2.18%	3.21%	2.75%	2.18%	3.21%	02/12/2001	05/01/2001
	Western Asset Management Strategic Bond Opportunities	2.81%	2.94%	5.25%	2.81%	2.94%	5.25%	10/31/1994	05/01/2001
Western Asset Management U.S. Government	-0.10%	0.71%	1.76%	-0.10%	0.71%	1.76%	10/31/1994	05/01/2001	
Specialty	Clarion Global Real Estate	7.16%	4.38%	6.83%	7.16%	4.38%	6.83%	04/30/2004	05/01/2004

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Variable annuities are long-term investments designed for retirement purposes. Variable annuities have limitations, exclusions, charges, termination provisions and terms for keeping them in force. There is no guarantee that any of the variable investment options in this product will meet their stated goals or objectives. The account value is subject to market fluctuations and investment risk so that, when withdrawn, it may be worth more or less than its original value. All product guarantees, including optional benefits, are subject to the claims-paying ability and financial strength of the issuing insurance company. Please contact your financial professional for complete details.

Distributions of 401(k), 403(b) or 457(b) salary reduction contributions allocated to an account, and any earnings on such contributions, are generally not permitted prior to attaining normal retirement age under the retirement plan except under certain circumstances, such as an individual's severance from employment with the employer sponsoring the plan or the individual's death, disability or hardship (or 457(b) unforeseeable emergency) as permitted under the plan. Distributions of contributions and any earnings may also be restricted as defined in the plan documents. Contact the plan administrator to determine when and under what circumstances the individual may request a distribution from the plan. Where permitted, distributions of taxable amounts are generally subject to ordinary income tax and, if made before age 59½, may be subject to a 10% federal income tax penalty. In the case of 457(b) governmental plans, there is no 10% federal income tax penalty except that the 10% federal income tax penalty may apply to distributions of amounts previously rolled over to a governmental 457(b) plan from another type of employer retirement plan or IRA. Consult a tax advisor to determine if an exception to the 10% federal income tax penalty may apply.

Preference Plus Account variable annuity is issued by Metropolitan Life Insurance Company, New York, NY 10166, and distributed by MetLife Investors Distribution Company (member FINRA). Both are MetLife companies. Policy Form number Series G.4333-7.

Metropolitan Life Insurance Company • New York, NY 10166

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• Not Guaranteed By Any Bank Or Credit Union • May Go Down In Value

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