

MetLife, Inc. (MET)

\$82.61 (Stock Price as of 12/15/2025)

Price Target (6-12 Months): **\$87.00**

Long Term: 6-12 Months

Zacks Recommendation:

Neutral

(Since: 03/05/20)

Prior Recommendation: Outperform

Short Term: 1-3 Months

Zacks Rank: (1-5)

3-Hold

Zacks Style Scores:

VGM: B

Value: A

Growth: D

Momentum: C

Summary

MetLife continues to benefit from stable premiums, cost-control efforts and a diversified portfolio of market-leading businesses. In the first nine months of 2025, it reported a net direct expense ratio of 11.2%, indicating continued improvement. Recent acquisitions have expanded its capabilities, while strategic partnerships have strengthened its global footprint. MET's total premiums rose 2.4% YoY in the first nine months of 2025. A strong balance sheet has supported steady share repurchases and dividend growth. However, weaker expected returns from private equity and real estate investments will likely boost volatility in investment income. The group life mortality ratio is expected to remain elevated in the days ahead, weighing on its underwriting results. ROIC lags the industry average. As such, the stock warrants a cautious stance.

Data Overview

52 Week High-Low	\$88.09 - \$65.21
20 Day Average Volume (sh)	3,172,017
Market Cap	\$54.4 B
YTD Price Change	0.9%
Beta	0.76
Dividend / Div Yld	\$2.27 / 2.7%
Industry	Insurance - Multi line
Zacks Industry Rank	Top 20% (47 out of 243)

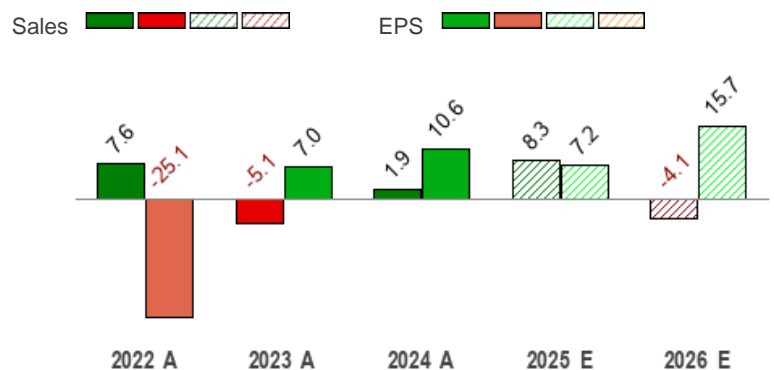
Last EPS Surprise	0.4%
Last Sales Surprise	-5.0%
EPS F1 Est- 4 week change	0.1%
Expected Report Date	02/04/2026
Earnings ESP	-0.4%

P/E TTM	9.8
P/E F1	9.5
PEG F1	0.8
P/S TTM	0.8

Price, Consensus & Surprise⁽¹⁾



Sales and EPS Growth Rates (Y/Y %)⁽¹⁾



Sales Estimates (millions of \$)⁽¹⁾

	Q1	Q2	Q3	Q4	Annual*
2026	18,731 E	18,918 E	19,095 E	19,166 E	75,910 E
2025	18,827 A	17,921 A	17,901 A	24,146 E	79,131 E
2024	17,016 A	18,683 A	17,614 A	19,738 A	73,051 A

EPS Estimates⁽¹⁾

	Q1	Q2	Q3	Q4	Annual*
2026	2.21 E	2.50 E	2.60 E	2.74 E	10.05 E
2025	1.96 A	2.02 A	2.34 A	2.37 E	8.69 E
2024	1.83 A	2.28 A	1.93 A	2.08 A	8.11 A

*Quarterly figures may not add up to annual.

(1) The data in the charts and tables, including the Zacks Consensus EPS and sales estimates, is as of 12/15/2025.

(2) The report's text and the price target are as of 12/15/2025.

Overview

Headquartered in New York, MetLife, Inc. is an insurance-based global financial services company providing protection and investment products to a range of individual and institutional customers. In addition to individual annuity, insurance and investment products, the company provides group insurance, retirement and savings products and services.

Founded in 1868, MetLife operates in over 40 markets worldwide, holding leading positions in the U.S., Asia, Latin America, Europe and the Middle East. MET is organized into six units: Group Benefits; Retirement and Income Solutions (RIS); Asia; Latin America; Europe, the Middle East and Africa ("EMEA"); and MetLife Holdings.

The Group Benefits unit (36.2% of revenues in 2024) offers a broad range of protection products and services aimed at serving the financial needs of customers throughout their lives. Major products include term life, variable life, universal life, dental, accident & health and vision insurances. The unit thrives on long-term relationships with large U.S. employers.

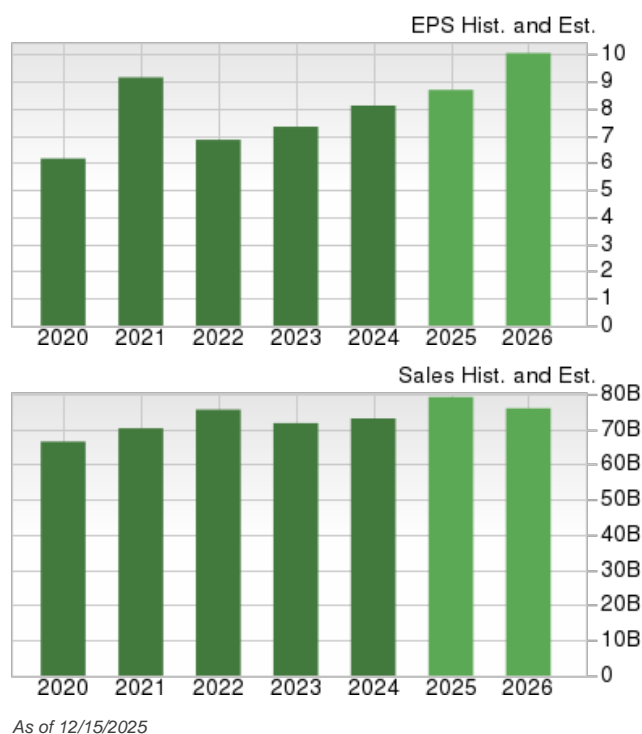
The U.S.-based RIS unit (23.6%) offers a broad range of annuity-based, life insurance and investment products. Offerings include pension risk transfer and stable value products, annuities (pension risk transfer, institutional income, structured settlements), risk solutions (longevity reinsurance, benefit funding, funded reinsurance) and capital markets investment products.

The Asia unit (15.8%) serves individuals, corporations, and institutions, offering whole life, term life, variable life, universal life, accident & health insurance, retirement and savings, fixed and variable annuities, credit insurance, and endowment products. MetLife operates in nine countries in the region, with Japan as the primary market.

The Latin America unit (10.5%) provides life insurance, retirement and savings, accident & health insurance, and credit insurance, mainly in Mexico and Chile.

The EMEA unit (3.8%) operations are spread out, although the bulk of the business comes from the Gulf region, the UK and France. It offers products including life insurance, retirement & savings, accident & health insurance, and credit insurance products.

The MetLife Holdings unit (10.1%) consists of operations relating to some variable products and businesses no longer actively marketed in the U.S.



Reasons To Buy:

- ▲ **Stable Premiums:** MetLife's premiums are supported by its broad product portfolio, customized insurance solutions, and long-standing relationships with large corporate clients and payers, which ensure steady business volumes. Its global diversification across key markets further spreads risk and sustains demand, collectively driving consistency in its premium base. After a setback during the COVID-19 pandemic, premiums have rebounded. In 2022, they rose 17.6% year over year. In 2024, premiums increased 4% in the U.S. Group Benefits segment, supported by broad-based product growth. Growth is also recorded in the EMEA and Latin America regions. This momentum continued in the first nine months of 2025, with total premiums rising 2.4% year over year.
- ▲ **Acquisitions & Partnerships:** MetLife has actively expanded its business through acquisitions such as Versant Health and PetFirst, and partnerships with Aura and Nayya to strengthen its benefits platform. The company also entered private credit investing through the Raven Capital acquisition and collaborated with Fidelity Investments to launch a fixed immediate income annuity. In December 2024, it acquired PineBridge Investments to grow its asset management business and global reach. In India, MetLife increased its stake in PNB MetLife to around 49%, tapping into a high-growth market. In July, MET launched Chariot Re in partnership with General Atlantic to provide specialized reinsurance and risk management solutions.
- ▲ **Cost Efficiency:** MetLife has enhanced its cost profile through strategic initiatives and technology-driven efficiency. Under the New Frontier strategy 2025, the company aims for a 100 bps reduction in unit costs over five years by streamlining operations, expanding high-growth segments, and accelerating asset management. The prior Next Horizon strategy also focused on simplification. AI and automation through enhanced underwriting, claims automation with Sprout.ai, and Intelligent Process Automation drive significant savings. The April 2025 transfer of \$10 billion in U.S. variable annuity reserves to Talcott Resolution accelerates legacy run-offs and lowers market exposure, helping improve the net direct expense ratio. In 2024, the net direct expense ratio stood at 12.1%, below the guided 12.3% and down from 12.2% in 2023. It further improved to 11.2% in the first nine months of 2025. These efforts support margin expansion.
- ▲ **Strong Liquidity & Shareholder Returns:** As of Q3 2025, MetLife held \$20.2 billion in cash and cash equivalents versus just \$378 million in short-term debt and \$15.3 billion in long-term debt, reflecting a strong liquidity position. A healthy balance sheet has enabled consistent shareholder returns. The company repurchased \$3.3 billion, \$3.1 billion and \$3.2 billion of shares in 2022, 2023, and 2024, respectively, and bought back around \$2.6 billion YTD till October 2025. Dividends have grown at a 12-year CAGR of 9%, with a 4.1% increase in April 2025. While MET shares have lagged behind the industry over the past year, improvements in operations are expected to support a future rebound.

The company's focus on streamlining its business, numerous acquisitions and partnerships, and strong financials will drive long term growth.

Reasons To Sell:

▼ **Volatile Investment Income:** MetLife's investment income has been under pressure in recent years. After rising 25% in 2021 on the back of strong private equity returns, the metric declined nearly 26% in 2022 amid a weaker real estate equity market. Despite the high-interest-rate environment, variable investment income fell sharply by 72.9% in 2023. In 2024, it totaled \$1 billion, falling short of the company's \$1.5 billion target. MetLife still expects pre-tax variable investment income to reach \$1.7 billion in 2025 and the metric came in at \$1 billion in the first nine months of 2025.

Strain on variable investment income, adverse impact of mortality claims and weak ROIC are some of the headwinds faced by the company.

▼ **Lingering Impact of Mortality Claims:** The COVID-19 pandemic significantly elevated mortality claims, particularly affecting the Group Benefits and Latin America units. The group life mortality ratio spiked to 90.8% in 2022 — above the guided range — and although it improved to 83.5% by the end of 2023, volatility remains. The ratio deteriorated to 85.6% in 3Q24, before improving modestly by 30 basis points in 4Q24. The ratio deteriorated 390 basis points year over year in 2Q25 but improved 220 bps in 3Q25. It is expected to remain elevated in the 84–89% range in the near term, posing a risk to underwriting profitability and margins.

▼ **Subpar ROIC:** MetLife's return on invested capital (ROIC) stands at 1.8%, trailing the industry average of 2.1%. This suggests weaker capital efficiency and raises concerns about the company's ability to generate sufficient returns from its deployed resources.

Last Earnings Report

MetLife Q3 Earnings Beat Estimates on Lower Costs, Asia Unit Strength

MetLife reported third-quarter 2025 adjusted operating earnings per share (EPS) of \$2.34, which beat the Zacks Consensus Estimate by 0.4%. The bottom line advanced 21% year over year.

Adjusted operating revenues totaled \$17.9 billion, which inched up 1.6% year over year. However, the top line lagged the consensus mark by 5%.

The quarterly results were aided by strong performance in its Asia, Group Benefits and EMEA segments, driven by higher volumes and improved investment income. An increase in adjusted premiums, fees and other revenues (PFOs) and a lower expense level contributed to the upside. However, the upside was partly offset by a VAT charge in Mexico that inflicted pressure on adjusted earnings in the Latin America unit.

Behind the Headlines

Adjusted PFOs, excluding pension risk transfer (PRT), grew 4% year over year to \$12.5 billion.

Adjusted net investment income of \$5.4 billion rose 6% year over year, attributable to increased returns from private equity assets.

Total expenses dipped 1.8% year over year to \$16.2 billion on the back of lower policyholder benefits and claims. Adjusted expense ratio, excluding total notable items related to adjusted other expenses and PRT, came in at 19.8%. The metric improved 90 basis points (bps) year over year.

Net income dropped 36% year over year to \$818 million. Adjusted return on equity, excluding total notable items, improved 230 bps year over year to 16.7%.

Inside MetLife's Segments

Group Benefits: The segment recorded adjusted earnings of \$455 million in the third quarter, which advanced 22% year over year and surpassed the Zacks Consensus Estimate of \$441 million. Adjusted earnings, excluding notable items, improved 6% year over year to \$457 million on the back of higher volumes and favorable expense margins. Adjusted PFOs of \$6.3 billion grew 3% year over year.

RIS: Adjusted earnings in the unit declined 8% year over year to \$436 million but beat the consensus mark of \$411 million. Excluding notable items, adjusted earnings climbed 15% year over year to \$423 million, resulting from improved variable investment income. Adjusted PFOs, excluding PRT, came in at \$1.2 billion. The metric rose 14% year over.

Asia: The segment's adjusted earnings of \$543 million surged 77% year over year and outpaced the Zacks Consensus Estimate of \$426 million. Adjusted earnings, excluding notable items, climbed 36% year over year to \$473 million, attributable to higher volumes and improved variable investment income. Adjusted PFOs remained almost flat year over year at \$1.7 billion.

Latin America: Adjusted earnings of \$147 million plunged 33% year over year and fell short of the consensus mark of \$245 million. The metric was affected by a value-added tax charge in Mexico. Excluding notable items, adjusted earnings inched up 2% year over year to \$222 million. Adjusted PFOs of \$1.7 billion grew 11% year over year in the quarter under review on the back of solid regional sales.

EMEA: The segment's adjusted earnings advanced 26% year over year to \$88 million, which matched the Zacks Consensus Estimate. The year-over-year growth stemmed from strong volumes and improved recurring interest margins. Excluding notables, adjusted earnings amounted to \$89 million, up 19% year over year. Adjusted PFOs improved 11% year over year to \$727 million on the back of solid regional sales.

MetLife Holdings: Adjusted earnings came in at \$203 million in the unit, which rose 12% year over year and surpassed the consensus mark of \$155 million. Excluding notable items, adjusted earnings grew 12% year over year to \$190 million, resulting from a rise in variable investment income. Adjusted PFOs were \$729 million, down 8% year over year.

Corporate & Other: The unit incurred an adjusted loss of \$288 million, wider than the prior-year quarter's loss of \$249 million.

Financial Update (As of Sept. 30, 2025)

MetLife exited the third quarter with cash and cash equivalents of \$20.2 billion, which inched up 0.8% from the 2024-end level. Total assets of \$719.7 billion increased 6.2% from the figure at 2024-end.

Long-term debt amounted to \$15.3 billion, up 1.4% from the figure as of Dec. 31, 2024. Short-term debt amounted to \$378 million.

Total equity of \$29.2 billion rose 5.4% from the 2024-end level.

Book value per share was \$39.52 as of Sept. 30, 2025, which inched up 1% year over year.

Capital Deployment Update

MetLife bought back shares worth \$502 million in the third quarter. It pursued additional repurchases of roughly \$150 million in October 2025.

FY Quarter Ending **12/31/2024**

Earnings Reporting Date	Nov 05, 2025
Sales Surprise	-5.01%
EPS Surprise	0.43%
Quarterly EPS	2.34
Annual EPS (TTM)	8.40

Management paid common stock dividends of \$378 million in the quarter under review.

MET's 2025 Outlook

Management expects a pre-tax variable investment income of around \$1.7 billion for 2025. Expense ratio is projected to be 12.1%.

Earlier, Corporate & Other adjusted losses were anticipated to be between \$850 million and \$950 million. The effective tax rate was projected to be 24-26%.

Near-Term Targets

Earlier, MetLife projected adjusted PFOs in the Group Benefits business to rise in the range of 4-7% annually. Adjusted PFOs in the MetLife Holdings segment were anticipated to decrease in the range of 4-6% per year, while the same in the Latin America and EMEA units were forecasted to witness high-single-digit growth on a constant currency basis and mid- to high-single-digit growth, respectively.

MetLife aimed to achieve an adjusted return on equity in the range of 15-17%. It expected to achieve double-digit adjusted EPS growth in the near term.

Valuation

MetLife's shares are up 4.8% over the past six months but down 0.7% over the past year. Stocks in the Zacks sub-industry is up 5.7% in the past six months, while the Zacks Finance sector is up 10.7%. Over the past year, the Zacks sub-industry is up 11.1% while the sector is up 13.6%.

The S&P 500 index is up 15.7% in the past six months and 14.2% in the past year.

The stock is currently trading at 8.23X forward 12-month earnings, which compares to 9.18X for the Zacks sub-industry, 17.36X for the Zacks sector and 23.35X for the S&P 500 index.

Over the past five years, the stock has traded as high as 10.27X and as low as 5.86X, with a 5-year median of 8.18X. Our Neutral recommendation indicates that the stock will perform in-line with the market. Our \$87.00 price target reflects 8.64X forward earnings.

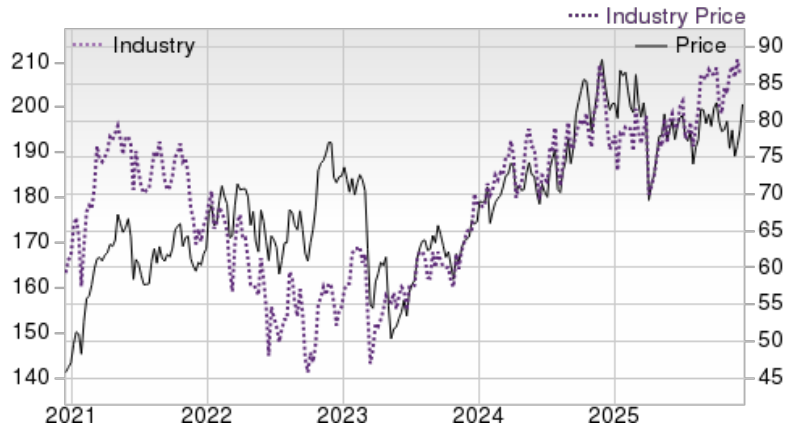
The table below shows summary valuation data for MET.

Valuation Multiples - MET					
		Stock	Sub-Industry	Sector	S&P 500
P/E F12M	Current	8.23	9.18	17.36	23.35
	5-Year High	10.27	10.6	18.28	23.78
	5-Year Low	5.86	7.47	12.36	15.73
	5-Year Median	8.18	9	16.12	21.22
P/B TTM	Current	1.87	2.67	4.28	8.49
	5-Year High	2.47	2.89	4.37	9.17
	5-Year Low	0.55	1.13	2.87	6.6
	5-Year Median	1.7	2.4	3.52	8.05
EV/EBITDA TTM	Current	5.89	8.88	4.24	18.58
	5-Year High	6.96	14.77	6.34	22.41
	5-Year Low	2.97	6.47	NA	13.88
	5-Year Median	5.48	10.45	3.18	17.97

As of 12/12/2025

Source: Zacks Investment Research

Industry Analysis⁽¹⁾ Zacks Industry Rank: Top 20% (47 out of 243)



Top Peers ⁽¹⁾

Company (Ticker)	Rec	Rank
EverQuote, Inc. (EVER)	Outperform	1
Hamilton Insurance G...(HG)	Outperform	1
American Internation...(AIG)	Neutral	3
Axa Sa (AXAHY)	Neutral	4
The Hartford Insuran...(HIG)	Neutral	3
Horace Mann Educator...(HMN)	Neutral	2
Prudential Financial...(PRU)	Neutral	3
Swiss Re Ltd. (SSREY)	Neutral	3

Industry Comparison⁽¹⁾ Industry: Insurance - Multi Line

	MET	X Industry	S&P 500	EVER	HG	HMN
Zacks Recommendation (Long Term)	Neutral	-	-	Outperform	Outperform	Neutral
Zacks Rank (Short Term)	3	-	-	1	1	2
VGM Score	B	-	-	A	A	A
Market Cap	54.43 B	5.26 B	39.20 B	974.41 M	2.79 B	1.87 B
# of Analysts	7	2	22	6	1	2
Dividend Yield	2.75%	1.22%	1.4%	0.00%	0.00%	3.04%
Value Score	A	-	-	B	A	A
Cash/Price	0.71	0.33	0.04	0.15	0.47	0.18
EV/EBITDA	6.56	6.47	14.73	20.88	2.67	12.53
PEG Ratio	0.84	0.93	2.24	NA	NA	NA
Price/Book (P/B)	1.88	1.30	3.35	5.57	1.02	1.30
Price/Cash Flow (P/CF)	11.51	12.21	15.24	25.52	7.89	11.85
P/E (F1)	9.50	9.87	19.90	18.50	7.12	9.87
Price/Sales (P/S)	0.76	1.13	3.09	1.51	1.01	1.12
Earnings Yield	10.52%	9.66%	5.01%	5.42%	14.04%	10.14%
Debt/Equity	0.54	0.30	0.57	0.00	0.05	0.58
Cash Flow (\$/share)	7.18	2.70	8.99	1.06	3.60	3.89
Growth Score	D	-	-	A	C	B
Hist. EPS Growth (3-5 yrs)	1.14%	12.24%	8.16%	NA	NA	-1.60%
Proj. EPS Growth (F1/F0)	7.15%	14.56%	8.57%	67.05%	8.45%	46.86%
Curr. Cash Flow Growth	-0.02%	2.09%	6.75%	-243.03%	59.03%	76.11%
Hist. Cash Flow Growth (3-5 yrs)	-1.63%	0.56%	7.43%	57.44%	NA	8.01%
Current Ratio	0.18	0.67	1.18	2.82	0.66	0.10
Debt/Capital	34.97%	23.59%	38.01%	0.00%	5.18%	36.90%
Net Margin	5.30%	7.95%	12.78%	8.36%	15.95%	9.79%
Return on Equity	21.00%	12.30%	17.00%	38.19%	15.07%	15.69%
Sales/Assets	0.10	0.20	0.53	2.74	0.32	0.11
Proj. Sales Growth (F1/F0)	8.30%	0.00%	5.77%	34.80%	20.90%	7.20%
Momentum Score	C	-	-	C	B	B
Daily Price Chg	0.55%	0.44%	-0.16%	-2.31%	0.75%	-0.09%
1 Week Price Chg	4.45%	2.88%	-0.44%	-0.22%	6.19%	5.68%
4 Week Price Chg	9.37%	5.34%	2.16%	8.84%	10.40%	0.90%
12 Week Price Chg	2.01%	1.31%	1.83%	9.05%	16.24%	0.26%
52 Week Price Chg	-0.16%	11.38%	12.22%	52.85%	53.16%	10.77%
20 Day Average Volume	3,172,017	277,863	2,744,252	389,358	447,950	223,187
(F1) EPS Est 1 week change	0.00%	0.00%	0.00%	0.00%	0.00%	0.43%
(F1) EPS Est 4 week change	0.13%	0.00%	0.00%	1.98%	18.45%	0.43%
(F1) EPS Est 12 week change	0.04%	3.77%	0.69%	10.85%	25.95%	11.06%
(Q1) EPS Est Mthly Chg	-0.21%	0.00%	0.00%	0.00%	22.22%	-6.37%

Zacks Stock Rating System

We offer two rating systems that take into account investors' holding horizons: Zacks Rank and Zacks Recommendation. Each provides valuable insights into the future profitability of the stock and can be used separately or in combination with each other depending on your investment style.

Zacks Recommendation

The Zacks Recommendation aims to predict performance over the next 6 to 12 months. The foundation for the quantitatively determined Zacks Recommendation is trends in the company's estimate revisions and earnings outlook. The Zacks Recommendation is broken down into 3 Levels; Outperform, Neutral and Underperform. Unlike many Wall Street firms, we have an excellent balance between the number of Outperform and Neutral recommendations. Our team of 70 analysts are fully versed in the benefits of earnings estimate revisions and how that is harnessed through the Zacks quantitative rating system. But we have given our analysts the ability to override the Zacks Recommendation for the 1200 stocks that they follow. The reason for the analyst over-rides is that there are often factors such as valuation, industry conditions and management effectiveness that a trained investment professional can spot better than a quantitative model.

Zacks Rank

The Zacks Rank is our short-term rating system that is most effective over the one- to three-month holding horizon. The underlying driver for the quantitatively-determined Zacks Rank is the same as the Zacks Recommendation, and reflects trends in earnings estimate revisions.

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The Zacks Style Score is as a complementary indicator to the Zacks rating system, giving investors a way to focus on the highest rated stocks that best fit their own stock picking preferences.

Academic research has proven that stocks with the best Value, Growth and Momentum characteristics outperform the market. The Zacks Style Scores rate stocks on each of these individual styles and assigns a rating of A, B, C, D and F. We also produce the VGM Score (V for Value, G for Growth and M for Momentum), which combines the weighted average of the individual Style Scores into one score. This is perfectly suited for those who want their stocks to have the best scores across the board.

Value Score	A
Growth Score	D
Momentum Score	C
VGM Score	B

As an investor, you want to buy stocks with the highest probability of success. That means buying stocks with a Zacks Recommendation of Outperform, which also has a Style Score of an A or a B.

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