


Accidental Death & Dismemberment (AD&D) Beneficiary Designation

Use this form to name the persons or entities you want to receive your life insurance proceeds after your death.

Metropolitan Life Insurance Company

Things to know before you begin

- Completing this form replaces your existing beneficiary designations. Please provide details for **each** beneficiary, even if you have already given us this information in the past.
- Gather the name(s), date(s) of birth, Social Security/Tax ID number(s) and contact information for all of your beneficiaries.
- The beneficiaries you name on this form apply to your AD&D insurance coverage insured by MetLife.
- To name additional beneficiaries, attach a separate page. Provide the requested information including the beneficiary type (*primary or contingent*) and the % proceeds for each. Sign and date these page(s), making sure the date is the same as the date next to the signature on this form.
- Please complete and return all pages or we cannot record your choices.

 If you make a mistake anywhere on this form, cross it out and initial it.

SECTION 1: About the Insured

First name	Middle name	Last name		
Date of birth (<i>mm/dd/yyyy</i>)	Social Security number	Phone number		
Address	City	State	ZIP	
Association name	Customer number			

SECTION 2: About the Plan

The beneficiaries you name on this form apply **only** to the MetLife-insured plan(s) selected below:

- Personal AD&D
 Optional AD&D
 Voluntary AD&D
 Accidental Death Only

To name separate beneficiaries for the AD&D coverages in this section, photocopy this form and complete a different form for each type of coverage.

SECTION 3: About the Primary Beneficiaries

These parties are your first choice to receive the insurance proceeds after your death. If a primary beneficiary dies before you, we will divide their share(s) equally between the remaining primary beneficiaries.

- You must name at least one (1) primary beneficiary.
- Please check the box and complete the form fields for each beneficiary you name. Having accurate information for your beneficiaries ensures that we distribute the proceeds the way you want.
- Use the proceeds % field to tell us how you want us to distribute the proceeds. If you want a specific distribution, use whole numbers (*no fractions or decimals*) and make sure they (*and any listed on separate pages*) add up to 100%. To distribute them equally between your primary beneficiaries, leave **all** of the proceeds % fields blank.

About the Primary Beneficiaries (continued)

Individual

First name	Middle name	Last name	A
Address		Date of birth (mm/dd/yyyy)	
City		State ZIP	
Gender <input type="checkbox"/> M <input type="checkbox"/> F	Social Security number	Phone number Relationship to Insured	
			Write in the % of proceeds assigned to this person _____ %

Individual

First name	Middle name	Last name	B
Address		Date of birth (mm/dd/yyyy)	
City		State ZIP	
Gender <input type="checkbox"/> M <input type="checkbox"/> F	Social Security number	Phone number Relationship to Insured	
			Write in the % of proceeds assigned to this person _____ %

Individual

First name	Middle name	Last name	C
Address		Date of birth (mm/dd/yyyy)	
City		State ZIP	
Gender <input type="checkbox"/> M <input type="checkbox"/> F	Social Security number	Phone number Relationship to Insured	
			Write in the % of proceeds assigned to this person _____ %

Your Estate – If you name your Estate as a primary beneficiary, you cannot name a contingent beneficiary.

D
Proceeds _____ %

Testamentary Trust created in your Will – The trust under your last Will and Testament as shall be admitted to probate.

E
Proceeds _____ %

Living (Inter Vivos) Trust – See further instructions on page 4.

F
Proceeds _____ %

Charity/Organization – List the charity or organization name and not an employee of the charity or organization. See further instructions on page 4.

G
Proceeds _____ %

Total proceeds for all primary beneficiaries (A-G plus any listed on separate pages) must equal 100%.

100%

SECTION 4: About the Contingent Beneficiaries

Skip this section if you're not naming a contingent beneficiary or if you named your Estate as a primary beneficiary. Contingent beneficiaries receive the insurance proceeds **only** if all of the primary beneficiaries are deceased at the time of your death. If a contingent beneficiary dies before you, we will divide their share(s) equally between the remaining contingent beneficiaries.

- Please check the box and complete the form fields for each beneficiary you name. Having accurate information for your beneficiaries ensures that we distribute the proceeds the way you want.
- Do not list the same person or entity as both a primary and a contingent beneficiary.
- Use the proceeds % field to tell us how you want us to distribute the proceeds. If you want a specific distribution, use whole numbers (*no fractions or decimals*) and make sure they (*and any listed on separate pages*) add up to 100%. To distribute them equally between your contingent beneficiaries, leave **all** of the proceeds % fields blank.

Individual

First name		Middle name	Last name		H	
Address				Date of birth (<i>mm/dd/yyyy</i>)		Write in the % of proceeds assigned to this person _____ %
City			State	ZIP		
Gender <input type="checkbox"/> M <input type="checkbox"/> F	Social Security number	Phone number	Relationship to Insured			

Individual

First name		Middle name	Last name		I	
Address				Date of birth (<i>mm/dd/yyyy</i>)		Write in the % of proceeds assigned to this person _____ %
City			State	ZIP		
Gender <input type="checkbox"/> M <input type="checkbox"/> F	Social Security number	Phone number	Relationship to Insured			

Your Estate

J
Proceeds _____ %

Testamentary Trust created in your Will – The trust under your last Will and Testament as shall be admitted to probate.

K
Proceeds _____ %

Living (*Inter Vivos*) Trust – See further instructions on page 4.

L
Proceeds _____ %

Charity/Organization – List the charity or organization name and not an employee of the charity or organization. See further instructions on page 4.

M
Proceeds _____ %

Total proceeds for all contingent beneficiaries (*H-M plus any listed on separate pages*) must equal 100%.

100%

SECTION 5: About your Trust/Charity/Organization Beneficiaries

Skip this section if you did not name a Living Trust or Charity/Organization as one of your beneficiaries. Otherwise, please provide the information requested below on a separate page. Make sure you include the type of beneficiary (*primary or contingent*) and that you sign and date these page(s).

Please include:

- Trust/Charity/Organization name
- Address
- Phone number
- Type of Beneficiary (*primary or contingent*)
- % of proceeds you are assigning to the Trust/Charity/Organization

Additional information required for Living (*Inter Vivos*) Trust(s):

- Trust date
- Trust Tax ID number
- Trustee first, middle and last name

SECTION 6: Signature required

By signing below, I hereby revoke any previous designations, and I designate the person, people, or entity named herein as beneficiaries.

- Check if you are completing and signing this form as agent for the insured under a valid Power of Attorney. Please submit a copy of the Power of Attorney with this beneficiary form.

Please print and sign below		
Insured/Owner first name	Middle name	Last name
Sign Here Insured/Owner signature		Date form completed (<i>mm/dd/yyyy</i>)



Did you remember to...

- ✓ Provide complete information for each of your beneficiaries?
- ✓ Make sure the total "proceeds %" for your **primary beneficiaries** (*including those on a separate page*) equals 100%? Separately, did you remember to make sure the total "proceeds %" for your **contingent beneficiaries** (*including those on a separate page*) equals 100%?
- ✓ Complete, sign and date any extra pages that list beneficiary information (*such as Living Trust/Charity/Organization beneficiaries*)?
- ✓ Cross out and initial any mistakes you made? (*If you crossed out any answers, your signature is not enough. You must also initial all your corrections.*)

Example: **12/20/25 12/20/15 JM** ⇐ **answer corrected, initials required**

Please note: we cannot record your beneficiary choices unless you complete these items.

SECTION 7: How to submit this form

Return this **entire** form (*and any additional pages*) to your Plan administrator. Retain a copy of this completed form for your records.