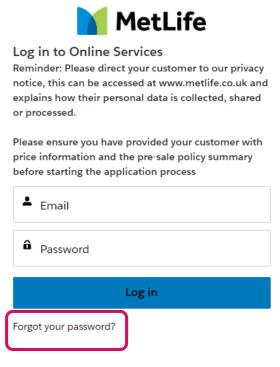
If you forget your MyMetLife password

Click the 'Forgot your password?' link on the Login screen (under the 'Log in' button):



Input your email address and click 'Reset Password'



You will see the following message:

NOW, CHECK YOUR EMAIL

Check the email account associated with your user name for instructions on resetting your password.

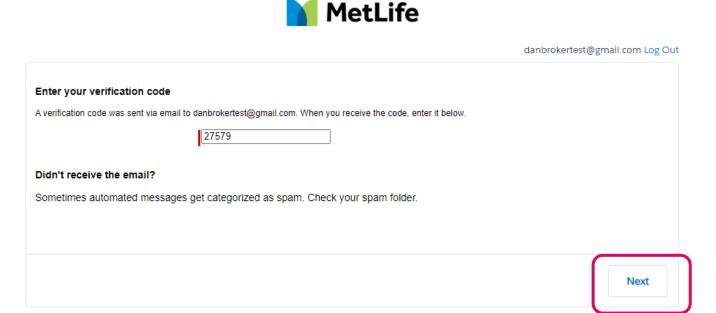
Remember to look in your spam folder, where automated messages sometimes filter. If you still can't log in, contact your administrator.

Back to login

Please follow the link in the email to reset your password and follow the instructions. Click on 'Reset password', and then click 'Next'



This will generate a One Time Password (OTP) that will be sent to your email. Please enter the OTP from this email into the box on the browser, and click 'Next'



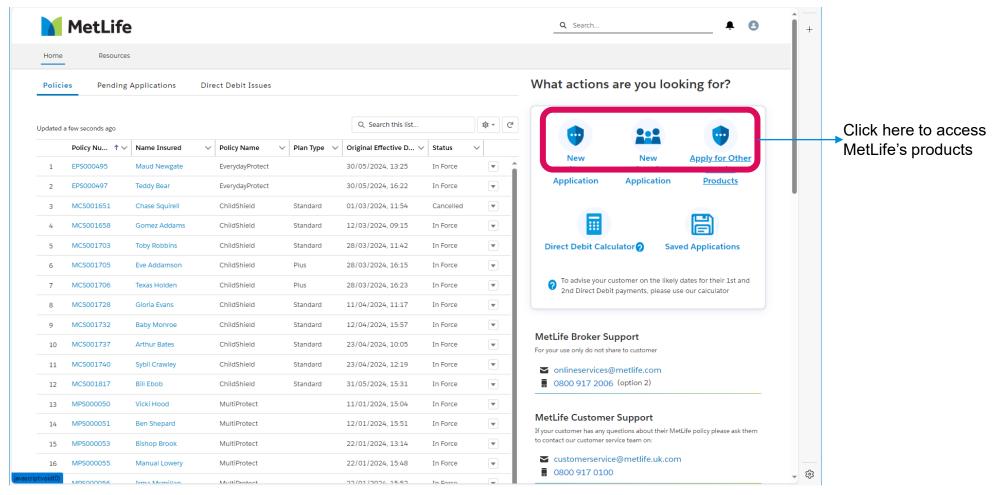
You will then be asked to create a new password. Please ensure it meets the criteria below.



Change Your Password

	new password for brokertm រុ ure to include at least:	gtmg@gmail.com.
	8 characters	
Also in	clude at least 3 of the followi	ng:
0	1 uppercase letter	
0	1 lowercase letter	
0	1 number	
0	1 special character 🕦	
* New l	Password	
* Confi	rm New Password	
	rd was last changed on 12/06/	2027 44 47

Once you click 'Change Password', you'll automatically be logged into your MyMetLife account:



For every moment, there's MetLife