
INSTRUCTIONS

This form gives instructions only for *Mutual Fund Select Portfolios (MFSP)* and *Gold Track Select Variable Annuity* recordkept at MetLife Insurance Company of Connecticut (“MetLife”).

This form CANNOT be used:

- for Annuities recordkept at MetLife Life and Annuity Company of Connecticut.
 - to present any claim under a 457 Plan or any Plan other than as marked on this form.
- This form is to be used by current participants only. *Do not use for enrollment purposes.*
- All sections must be completed in full, unless otherwise indicated.
- If you want to change your investment direction for future contributions or need help in completing this request, please contact MetLife by calling toll-free 1-877-WITH-MET (877) 948-4638.

SECTION 1 – GENERAL INFORMATION

If you are requesting a change for more than one Plan, you must complete a *separate* form for each Plan.

Employer/Plan Name

Employer/Plan Number

Participant’s Name (print full name)

Social Security Number (SSN) or
Taxpayer Identifying Number (TIN)

Date of Birth (MM/DD/YYYY)

SECTION 2 – PARTICIPANT INFORMATION CHANGE

Please enter only the information that is to be changed.

Name Change (print full name)

Phone Number

Address

City, State, Zip Code

SECTION 3 – PARTICIPANT CERTIFICATION

I certify, under penalties of perjury, that:

- everything I stated on this form is true, correct and complete
- my Social Security number or other Taxpayer Identification number shown above is correct
- I am **not** a resident of any nation, state, or locality other than as shown on this form

I understand that I might be subject to civil penalties and criminal penalties and punishment for any knowingly false statement on this form or any papers attached to or related to this form or my claim under the Plan.

Participant’s Signature

Date

Securities products and mutual funds offered through registered representatives of MetLife affiliated broker/dealers including MetLife Insurance Company of Connecticut (member NASD) or MetLife Securities, Inc. (Member NASD/SIPC), 200 Park Avenue, New York, NY 10166. Mutual funds offered by MetLife Securities, Gold Track Select Variable Annuity is issued by MetLife Insurance Company of Connecticut, One City Place, Hartford, CT 06103-3415. MetLife Investors Distribution Company, 5 Park Plaza, Suite 1900, Irvine, CA 92614 is the distributor of the variable products.

Participant Name: _____

Participant's SSN or TIN: _____

Voluntary 403(b) Program
PARTICIPANT INFORMATION
CHANGE REQUEST

SUBMITTING THIS FORM

◆ Submit this form to:

Attn: Enrollment Services
MetLife
P.O. Box 6717
Somerset, NJ 08875