SEC	Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

		n*	2. Issuer Name and Ticker or Trading Symbol Brighthouse Financial, Inc. [BHF]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner							
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/01/2024		Officer (give title below)	Other (specify below)					
11225 N COMMUNITY HOUSE RD		RD	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line)	 Individual or Joint/Group Filing (Check Applica Line) 						
(Street)				X	X Form filed by One Reporting Person						
CHARLOTTE	NC	28277			One Reporting						
(City)	(State)	(Zip)	Rule 10b5-1(c) Transaction Indication								
			Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.								
	Ta	able I - Non-Deriva	ative Securities Acquired, Disposed of, or Benefi	cially (Dwned						

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr.					5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock	05/01/2024		М		3,615	A	\$0 ⁽¹⁾	14,883	D		
Common Stock								9	I	Shares held by spouse	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		Derivative Expiration Date A Securities (Month/Day/Year) S Acquired (A) U or Disposed D		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Deferred Restricted Stock Units	(1)	05/01/2024		М			3,615 ⁽²⁾	(3)	(3)	Common Stock	0	\$0	0	D	

Explanation of Responses:

1. Each deferred Restricted Stock Unit ("RSU") represents the right to receive one share of Brighthouse Financial, Inc. ("BHF") common stock, or a cash payment equal to the value of one share of BHF common stock.

2. Award for service as a Board member pursuant to the Brighthouse Financial, Inc. 2017 Non-Management Director Stock Compensation Plan.

3. The RSUs vested on the date of the 2022 annual meeting of stockholders of BHF, and the vested shares were credited to the Reporting Person's deferred compensation account in accordance with the Reporting Person's deferral election made pursuant to the terms of the Brighthouse Services, LLC Deferred Compensation Plan for Non-Management Directors. The shares are being paid out in accordance with the Reporting Person's deferral election.

Remarks:

/s/ Jacob M. Jenkelowitz, Attorney-in-Fact, on behalf of 05/02/2024

Paul M. Wetzel

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.