\Box

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287
Estimated average burde	n
hours per response:	0.5

Check this box if no longer subject to
Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

					or Sec	ction 30(h)	of the Inv	vestmer	nt Com	pany Act of	1940							
1. Name and Address of Reporting Person [*] Wetzel Paul M.					2. Issuer Name and Ticker or Trading Symbol Brighthouse Financial, Inc. [BHF]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
					_				-				Director			10% Ov	vner	
(Last) (First) (Middle)						3. Date of Earliest Transaction (Month/Day/Year) 06/08/2022							Officer (below)	give title		Other (s below)	specify	
11225 N COMMUNITY HOUSE RD																		
·					4. If Amendment, Date of Original Filed (Month/Day/Year)							6. Ind Line)	6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street)			20277									X	Form file	ed by One	e Repor	ting Person	l	
CHARL		1C	28277										Form file Person	ed by Mor	e than	One Report	ing	
(City)	(\$	State)	(Zip)															
		Т	able I - Nor	n-Deriva	tive S	ecuritie	es Acqu	uired,	Disp	osed of,	or Bene	ficially	Owned					
Date			Date	Date		Execution Date,		3. Transaction Code (Instr. 8) 4. Securities Acquired (A) of Disposed Of (D) (Instr. 3, 4					6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
							Code	v	Amount	(A) or (D)	Price	Transactic (Instr. 3 ar				(Instr. 4)		
			Table II -							sed of, o onvertible			wned					
Derivative Conversion Date Exe Security or Exercise (Month/Day/Year) if ar		3A. Deemed Execution Dat if any (Month/Day/Ye	Code (Instr.		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title an Amount o Securities Underlyin Derivative (Instr. 3 an	f g Security	8. Price of Derivative Security (Instr. 5)	9. Numb derivativ Securitie Beneficia Owned Followin Reported	ve es ally Ig	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership t (Instr. 4)		
												1	Reported	u	1	1		

			Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	of Shares				
Restricted Stock Units	(1)	06/08/2022	М			3,615 ⁽²⁾	(3)	(3)	Common Stock	3,615	\$ 0	0	D	
Deferred Restricted Stock Units	(4)	06/08/2022	М		3,615 ⁽²⁾		(3)	(3)	Common Stock	3,615	\$ 0	7,069	D	
Restricted Stock Units	(1)	06/08/2022	А		3,361 ⁽²⁾		(5)	(5)	Common Stock	3,361	\$ 0	3,361	D	

Explanation of Responses:

1. Each Restricted Stock Unit ("RSU") represents the contingent right to receive one share of Brighthouse Financial, Inc. ("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. The Reporting Person has elected to defer these shares pursuant to the Brighthouse Services, LLC Deferred Compensation Plan for Non-Management Directors (the "Deferred Compensation Plan"). The shares will be paid out (i) in accordance with the Reporting Person's deferral election; or, if earlier, (ii) upon termination of the Reporting Person's service as a Director.

4. Each deferred RSU represents the deferred right to receive one share of BHF common stock, or a cash payment equal to the value of one share of BHF common stock.

5. The RSUs will vest on the earlier of the first anniversary of the grant date or the date of the 2023 annual meeting of stockholders of BHF. Vested shares will be deferred in accordance with the Reporting Person's deferral election pursuant to the Deferred Compensation Plan.

Remarks:

/s/ Jacob M. Jenkelowitz, Attorney-in-Fact, on behalf of 06/10/2022 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.