FORM 4

#### **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549	OMB APPROVAL		
STATEMENT OF CHANGES IN DENEFICIAL OWNERSHIP	OMB Number:	3235-0	

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

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

						. ,			' '							
1. Name and Address of Reporting Person* <u>Lambert Myles</u>				2. <u>B</u>	2. Issuer Name <b>and</b> Ticker or Trading Symbol  Brighthouse Financial, Inc. [ BHF ]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner				
(Last) 11225 N	,	First) MMUNITY HO	(Middle) USE ROAD		3. Date of Earliest Transaction (Month/Day/Year) 05/23/2018						7	below)	give title hief Dist. 8	otner ( below) Mktg.Offic		
(Street)		IC State)	28277	4.	4. If Amendment, Date of Original Filed (Month/Day/Year)					Line	Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting Person					
(City)	(3	State)	(Zip) ble I - Non-De	rivativ	ve Se	curities	Acc	guired, Dis	sposed of	, or Ben	eficially	/ Owned				
1. Title of Security (Instr. 3)  2. Transa Date			ansactio			3. Transaction Code (Instr	4. Securiti	es Acquired Of (D) (Insti	l (A) or	5. Amount of Securities F Beneficially (Owned Following (		orm: Direct D) or Indirect	7. Nature of Indirect Beneficial Ownership			
								Code V	Amount	(A) or (D)	Price	Reported Transacti (Instr. 3 a	on(s)		(Instr. 4)	
			Table II - Deri (e.g.					uired, Disp				Owned				
1. Title of Derivative Security (Instr. 3)	Conversion Date Execu or Exercise (Month/Day/Year) if any		3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr.				6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amou of Securities Underlying Derivative Securi (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)		Ownershi Form: Direct (D) or Indirec (I) (Instr. 4	Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(s)		
Restricted Stock Units	(1)	05/23/2018		A		28,327 <sup>(2)</sup>		(3)	(3)	Common Stock	28,327	\$0.00	28,327	D		
Restricted Stock Units	(1)	05/23/2018		A		4,815 <sup>(4)</sup>		(5)	(5)	Common Stock	4,815	\$0.00	4,815	D		
Employee Stock Option (Right to Buy)	\$53.47	05/23/2018		A		15,816 <sup>(4)</sup>		(6)	02/29/2028	Common Stock	15,816	\$0.00	15,816	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. The award of RSUs was authorized on August 9, 2017, to be effective on September 8, 2017. The award was subject to approval by stockholders of BHF of the Brighthouse Financial, Inc. 2017 Stock and Incentive Compensation Plan (the "Employee Plan"). The Employee Plan was approved by stockholders of BHF on May 23, 2018.
- 3. The RSUs will vest on September 30, 2018.
- 4. RSU and Stock Option awards were authorized on February 16, 2018, to be effective on March 1, 2018. These awards were subject to approval by stockholders of BHF of the Employee Plan, which was obtained on May 23, 2018.
- $5. \ The \ RSUs \ will \ vest \ in \ three \ substantially \ equal \ installments \ on \ March \ 1, \ 2019, \ March \ 1, \ 2020 \ and \ March \ 1, \ 2021.$
- 6. The Stock Options become exercisable in three substantially equal installments on March 1, 2019, March 1, 2020 and March 1, 2021.

## Remarks:

/s/ Jacob M. Jenkelowitz, 05/25/2018 authorized signer

\*\* Signature of Reporting Person

Date

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

- $^{\star}$  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.

# LIMITED POWER OF ATTORNEY FOR SECTION 16 REPORTING OBLIGATIONS

#### TO WHOM IT MAY CONCERN:

Pursuant to the authorization set forth in the instructions for the filing of Form 3, Form 4 and Form 5, respectively (hereinafter referred to as the "Reports"), under the requirements of the Securities Exchange Act of 1934, as amended, the undersigned hereby designates and authorizes each of BRUCE H. SCHINDLER, D. BURT ARRINGTON, JACOB M. JENKELOWITZ, and EMILY C. NAGLE to execute and file, or cause to be filed, such Reports, and any amendments thereto, on behalf of the undersigned, with the Securities and Exchange Commission and any other proper bodies at any time when the filing of said Reports is in order, containing such information as BRUCE H. SCHINDLER, D. BURT ARRINGTON, JACOB M. JENKELOWITZ, and EMILY C. NAGLE may deem advisable.

The authority of BRUCE H. SCHINDLER, D. BURT ARRINGTON, JACOB M. JENKELOWITZ, and EMILY C. NAGLE under this authorization shall continue until the undersigned is no longer required to file Reports with regard to the undersigned's ownership of or transactions in securities of Brighthouse Financial, Inc., unless earlier revoked by the undersigned in writing.

The undersigned acknowledges that BRUCE H. SCHINDLER, D. BURT ARRINGTON, JACOB M. JENKELOWITZ, and EMILY C. NAGLE are not assuming any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934, as amended.

/s/Myles J. Lambert May 22, 2018