

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

**Effectiveness Date:** August 31, 2020 2:40 P.M.

**Form:** S-3

---

**CIK:** [0000733076](#)

**Company Name:** BRIGHTHOUSE LIFE INSURANCE Co

**File Number:** [333-238215](#)