

SECURITIES AND EXCHANGE COMMISSION

FORM EFFECT

Notifications of effectiveness for Securities Act registration statements and post-effective amendments

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FILER

MetLife Insurance CO of Connecticut

CIK: **733076** | IRS No.: **060566090** | State of Incorpor.: **DE** | Fiscal Year End: **1231**
Type: **EFFECT** | Act: **33** | File No.: **033-33691** | Film No.: **09546627**
SIC: **6311** Life insurance

Mailing Address	Business Address
<i>ONE CITYPLACE</i>	<i>ONE CITYPLACE</i>
<i>ATTN FINANCIAL SERVICES</i>	<i>ATTN FINANCIAL SERVICES</i>
<i>LEGAL DIVISION</i>	<i>LEGAL DIVISION</i>
<i>HARTFORD CT 06103</i>	<i>HARTFORD CT 06103</i>
	<i>860-277-0111</i>

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

Notice of Effectiveness

Effectiveness Date: January 26, 2009
Accession Number: 0000950123-09-001138
Submission Type: POS AM

CIK: [0000733076](#)
Company Name: MetLife Insurance CO of Connecticut
File Number: [033-33691](#)