

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 Incorporation: **DE** | Fiscal Year End: **1231**
Type: **EFFECT** | Act: **33** | File No.: **333-156933** | Film No.: **09546630**
SIC: **6311** Life insurance

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**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

Notice of Effectiveness

Effectiveness Date: January 26, 2009 5:02 A.M.

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CIK: [0000733076](#)

Company Name: MetLife Insurance CO of Connecticut

File Number: [333-156933](#)