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Manning Au	nna									
Form 4										
March 04, 2	.019									
FORM			GEGU					NT.	PPROVAL	
	UNITED	SIAIES		shington			COMMISSIO	N OMB Number:	3235-0287	
Check th if no lon	aer.							Expires:	January 31, 2005	
subject t		MENT OI	F CHAN			ICIAL OV	WNERSHIP OF	Estimated		
Section				SECUI	RITIES			burden hou	burden hours per	
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may con	lunue.			•	•	ny Act of 1		1011		
<i>See</i> Instr 1(b).	ruction	50(II)	or the h	livestillen	i Compai	ly net of 1	740			
-(-).										
(Print or Type	Responses)									
		- *						4D 1 D	<i>.</i>	
1. Name and A Manning A	Address of Reporting	g Person _		er Name an	d Ticker or	Trading	5. Relationship of Reporting Person(s) to Issuer			
Manning A	iiiia		Symbol				155001			
			REINSURANCE GROUP OF AMERICA INC [RGA]			(Check all applicable)				
(I+)		()					Director	100	7 O	
(Last)	(First)	(Middle)		of Earliest T Day/Year)	ransaction		Director Officer (giv		% Owner her (specify	
16600 SWI	NGLEY RIDGE	ROAD	03/01/2	-			below)	below) President, CEO		
	(Street)			endment, D	-	l		Joint/Group Fili	ng(Check	
			T neu(ma	onth/Day/Yea	u <i>)</i>		Applicable Line) _X_ Form filed by	y One Reporting P	erson	
CHESTER	FIELD, MO 630	17					Form filed by Person	More than One R	eporting	
	(Stata)	(7:n)								
(City)	(State)	(Zip)	Tab	ole I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
1.Title of	2. Transaction Date			3.	4. Securit		5. Amount of	6. Ownership	7. Nature of	
Security (Instr. 3)	(Month/Day/Year)	Execution any	Date, if	Code	nAcquired Disposed		Securities Beneficially	Form: Direct (D) or Indirect	Indirect Beneficial	
(11501.5)		(Month/Da	ay/Year)	(Instr. 8)	(Instr. 3, 4		Owned	(I)	Ownership	
							Following	(Instr. 4)	(Instr. 4)	
						(A)	Reported Transaction(s)			
				Codo V	Amount	or (D) Price	(Instr. 3 and 4)			
				Coue v	Amount	(D) Flice				
Reminder: Re	port on a separate lin	e for each cl	ass of sec	urities bene	ficially own	ned directly o	or indirectly.			
					Dorco	ne who ree	nond to the colle	oction of	SEC 1474	

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orDerivative	Expiration Date	Underlying Securitie
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired or Dispose (D) (Instr. 3, 4 and 5)	ed of				
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amour or Numbe of Shar
Stock Appreciation Right (right to purchase) 2019	\$ 145.25	03/01/2019		А		37,215		<u>(1)</u>	03/01/2029	Common Stock	37,21

Reporting Owners

Reporting Owner Name / Address		Relationships						
	Director	10% Owner	Officer	Other				
Manning Anna 16600 SWINGLEY RIDGE ROAD CHESTERFIELD, MO 63017			President, CEO					
Signatures								
William L.	10							

William L.	03/04/2019			
Hutton	03/04/2019			
<u>**</u> Signature of Reporting Person	Date			

Explanation of Responses:

- * 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).

(1) SARs grants on March 1, 2019 vest in 25% increments on each of December 31, 2019, 2020, 2021 and 2022.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.