FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APP	OMB APPROVAL				
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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* Pintozzi John C	2. Date of Event Requiring Statement (Month/Day/Year) 09/03/2019 3. Issuer Name and Ticker or Trading Symbol ALLSTATE CORP [ALL]								
(Last) (First) (Middle) C/O THE ALLSTATE CORPORATION			Relationship of Reporting Perso (Check all applicable) Director	rson(s) to Issuer 10% Owner		5. If Amendment, Date of Original Filed (Month/Day/Year)			
2775 SANDERS ROAD			X Officer (give title below) SVP, Controller, a	Other (spectod)	, I.	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person			
(Street) NORTHBROOK IL 60062			5v1, Controller, al	iid C/10			by More than One		
(City) (State) (Zip)									
Table I - Non-Derivative Securities Beneficially Owned									
1. Title of Security (Instr. 4)			2. Amount of Securities Beneficially Owned (Instr. 4)	Form: Direc	6. Ownership Form: Direct (D) or Indirect (I) Instr. 5) 4. Nature of Indirect Beneficial Owners (Instr. 5)		t Beneficial Ownership		
Common Stock			9,000	D					
Common Stock			1,756	I	I By 401(k) Plan				
Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)									
1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		d 3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Convers or Exerc	ise Form:	6. Nature of Indirect Beneficial Ownership (Instr. 5)		
	Date Exercisable	Expiratior Date	n Title	Amount or Number of Shares	Price of Derivativ Security	ve or Indirect			
Employee Stock Option (Right to Buy)	(1)	02/09/2027	7 Common Stock	9,662	78.35	5 D			
Employee Stock Option (Right to Buy)	(2)	02/22/2028	Common Stock	8,451	92.8	D			
Employee Stock Option (Right to Buy)	(3)	02/08/2029	Common Stock	12,349	92.46	6 D			

Explanation of Responses:

- 1. Stock option award granted on February 9, 2017, for 9,662 shares of common stock vesting in three equal increments. The first and second increments vested on February 9, 2018, and February 9, 2019. The remaining increment will vest on February 9, 2020.
- 2. Stock option award granted on February 22, 2018, for 8,451 shares of common stock vesting in three equal increments. The first increment vested on February 22, 2019. The remaining two increments will vest on February 22, 2020, and February 22, 2021.
- 3. Stock option award granted on February 8, 2019, for 12,349 shares of common stock vesting in three equal increments, with any fractional shares to be rounded as provided for in award agreement, on February 8, 2020, February 8, 2021, and February 8, 2022.

/s/ Efie Vainikos, attorney-infact for Mr. Pintozzi 09/13/2019

** Signature of Reporting Person Date

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

- * If the form is filed by more than one reporting person, see Instruction 5 (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.

POWER OF ATTORNEY

KNOW BY ALL THESE PRESENTS, that the undersigned hereby constitutes and appoints each of Daniel G. Gordon, Sherie Lecaj, Iman Naim, and Efie Vainikos, signing singly, the undersigned's true and lawful attorney-in-fact to:

- (1) prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Securities Exchange Act of 1934 or any rule or regulation of the SEC;
- (2) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of The Allstate Corporation (the "Company"), Forms 3, 4, and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934 and the rules thereunder; and any other forms or reports the undersigned may be required to file in connection with the undersigned's ownership, acquisition, or disposition of securities of the Company;
- (3) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4, or 5, or other form or report, and timely file such form or report with the SEC and any stock exchange or similar authority; and
- (4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 3rd day of September, 2019.

_/s/ John C. Pintozzi						
John C. Pintozzi						
Print Name						