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

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15 (d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): November 17, 2022 THE ALLSTATE CORPORATION

(Exact name of registrant as specified in its charter)

Delaware(State or other jurisdiction of incorporation)

1-11840 (Commission File Number)

36-3871531 (IRS Employer Identification No.)

3100 Sanders Road, Northbrook, Illinois 60062

(Address of principal executive offices) (Zip Code)

Registrant's telephone number, including a	ea code (847) 402-5000	
Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the	registrant under any of the following provisions:	
Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425) Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12) Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b)) Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))		
Securities registered pursuant to Section 12(b) of the Act:		
Title of each class	Trading Symbols	Name of each exchange on which registered
Common Stock, par value \$0.01 per share	ALL	New York Stock Exchange Chicago Stock Exchange
5.100% Fixed-to-Floating Rate Subordinated Debentures due 2053	ALL.PR.B	New York Stock Exchange
Depositary Shares represent 1/1,000th of a share of 5.625% Noncumulative Preferred Stock, Series G	ALL PR G	New York Stock Exchange
Depositary Shares represent 1/1,000th of a share of 5.100% Noncumulative Preferred Stock, Series H	ALL PR H	New York Stock Exchange
Depositary Shares represent 1/1,000th of a share of 4.750% Noncumulative Preferred Stock, Series I	ALL PR I	New York Stock Exchange
Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securit (§240.12b-2 of this chapter).	ies Act of 1933 (§230.405 of this chapter) or Rule	12b-2 of the Securities Exchange Act of 1934
	Emerging growth company	
If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition per 13(a) of the Exchange Act	od for complying with any new or revised financial a	ccounting standards provided pursuant to Sectio

Section 7 - Regulation FD

(d)

Item 7.01. Regulation FD Disclosure

The Registrant's press release dated November 17, 2022, announcing its implemented auto rates for October 2022, and the Registrant's implemented auto rate exhibit for October 2022 are posted on all state investors.com and are attached hereto as Exhibit 99.1 and 99.2 which are incorporated herein by reference. These exhibits are furnished and not filed, pursuant to Instruction B.2 of Form 8-K.

The Registrant's estimated catastrophe losses were below the \$150 million reporting threshold for October 2022.

Section 9 - Financial Statements and Exhibits

Item 9.01.	Financial Statements and Exhibits
(d)	Exhibits

Exhibit No. Description

99.1 99.2 104 The Registrant's press release dated November 17, 2022
The Registrant's implemented auto rate exhibit for October 2022
Cover Page Interactive Data File (formatted as inline XBRL).

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

THE ALLSTATE CORPORATION (Registrant)

By: Name: Title:

/s/ Daniel G. Gordon
Daniel G. Gordon
Vice President, Assistant General
Counsel and Assistant Secretary

Date: November 17, 2022



NEWS

FOR IMMEDIATE RELEASE

Contacts

 Al Scott
 Mark Nogal

 Media Relations
 Investor Relations

 (847) 402-5600
 (847) 402-2800

Allstate Announces October 2022 Implemented Auto Rates

NORTHBROOK, Ill., November 17, 2022 - The Allstate Corporation (NYSE: ALL) today announced implemented auto insurance rates for October 2022.

"Allstate continued to implement significant auto insurance rate actions in the second half of 2022 in response to inflationary increases to loss costs. During the month of October, the Allstate brand implemented auto rate increases of 14.0% across 15 locations, resulting in total brand premium impact of 1.3%. Rate increases for Allstate brand auto insurance since the beginning of the year have resulted in a premium impact of 12.1%, generating increases of \$307 million in the month of October and \$2.9 billion year-to-date," said Jess Merten, Chief Financial Officer of The Allstate Corporation. Our implemented auto rate exhibit has been posted on allstateinvestors.com.

Allstate's estimated catastrophe losses were below the \$150 million reporting threshold for October 2022.

Financial information, including material announcements about The Allstate Corporation, is routinely posted on www.allstateinvestors.com.

Forward-Looking Statements

This news release contains "forward-looking statements" that anticipate results based on our estimates, assumptions and plans that are subject to uncertainty. These statements are made subject to the safe-harbor provisions of the Private Securities Litigation Reform Act of 1995. These forward-looking statements do not relate strictly to historical or current facts and may be identified by their use of words like "plans," "seeks," "expects," "will," "should," "anticipates," "estimates," "intends," "believes," "likely," "targets" and other words with similar meanings. We believe these statements are based on reasonable estimates, assumptions and plans. However, if the estimates, assumptions or plans underlying the forward-looking statements prove inaccurate or if other risks or uncertainties arise, actual results could differ materially from those expressed in, or implied by, the forward-looking statements may be found in our filings with the U.S. Securities and Exchange Commission, including the "Risk Factors" section in our most recent annual report on Form 10-K. Forward-looking statements are as of the date on which they are made, and we assume no obligation to update or revise any forward-looking statement.

####

The Allstate Corporation Allstate Protection Impact of Net Rate Changes Implemented on Premiums Written

	For the month ended October 31, 2022			Quarter-to-date ended October 31, 2022		
	Number of locations (1)	Total brand (%) (2) (3)	Location specific (%) (4)	Number of locations (1)	Total brand (%) (2) (3)	Location specific (%) (4)
Allstate brand Auto	15	1.3	14.0	15	1.3	14.0
National General Auto	14	0.8	3.9	14	0.8	3.9
		Three months ended September 30, 2022			Three months ended June 30, 2022	
	Number of locations (1)	Total brand (%) (2) (3)	Location specific (%) (4)	Number of locations (1)	Total brand (%) (2) (3)	Location specific (%) (4)
Allstate brand Auto	19	4.7	14.0	30	2.5	8.7
National General Auto	19	1.1	3.2	19	2.7	6.0

¹⁰ Refers to the number of U.S. states, the District of Columbia or Canadian provinces where rate changes have been implemented. Allstate brand operates in 50 states, the District of Columbia, and 5 Canadian provinces. National General operates in 50 states and the District of Columbia.

30 Allstate brand implemented autions where rate changes were implemented during the period as a percentage of total brand prior year-end premiums written.

31 Allstate brand implemented aution insurance rate increases totaled \$307 million for the month ended October 31, 2022 after implementing \$1,14 billion and \$601 million of rate increases in the third and second quarter of 2022, respectively.

32 Represents the impact in the locations where rate changes were implemented during the period as a percentage of its respective total prior year-end premiums written in those same locations.