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): May 19, 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.)

2775 Sanders Road, Northbrook, Illinois 60062

(Address of principal executive offices) (Zip Code)

Registrant's telephone number, including area 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 Securities Act of (§240.12b-2 of this chapter).	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 period for con 13(a) of the Exchange Act	nplying with any new or revised financial a	ccounting standards provided pursuant to Sectio

Section 7 - Regulation FD

Item 7.01. Regulation FD Disclosure.

The Registrant's press release dated May 19, 2022, announcing its estimated catastrophe losses for April 2022 and the Registrant's implemented auto rate exhibit for April 2022 are posted on all state investors.com and are attached hereto as Exhibit 99.1 and 99.2, respectively, which are incorporated herein by reference. These exhibits are furnished and not filed, pursuant to Instruction B.2 of Form 8-K.

Section 9 - Financial Statements and Exhibits

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

99.1 The Registrant's catastrophe losses and implemented auto rates press release dated May 19. 2022

99.2 The Registrant's implemented auto rate exhibit for April 2022
104 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

May 19, 2022 Date:



NEWS

FOR IMMEDIATE RELEASE

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Allstate Announces April 2022 Catastrophe Losses and Implemented Auto Rates

NORTHBROOK, Ill., May 19, 2022 – The Allstate Corporation (NYSE: ALL) today announced estimated catastrophe losses for the month of April of \$316 million or \$250 million, after-tax. April catastrophe losses included fourteen events, primarily wind, hail and tornados in Texas and the southeast, estimated at \$299 million, plus unfavorable reserve reestimates for prior period events.

"In keeping with the outlook shared last month of taking more rate increases than initially assumed in 2022, Allstate continued to implement meaningful rate actions in April. The Allstate brand implemented rate increases of 6.4% across 14 locations in April, resulting in total Allstate brand insurance premium impact of 0.7%. We have implemented 67 rate increases averaging approximately 8.0% across 45 locations since the beginning of the fourth quarter 2021. Allstate brand implemented auto rate increases totaled \$163 million in the month of April, after implementing \$1.6 billion in the previous two quarters," said Mario Rizzo, Chief Financial Officer of The Allstate Corporation. Our implemented auto rate exhibit has been posted on allstateinvestors.com.

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 statements.

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

	For the month ended April 30, 2022			Quarter to date ended April 30, 2022		
	Number of locations (1)	Total brand (%) (2)	Location specific (%) (3)	Number of locations (1)	Total brand (%) (4)	Location specific (%) (3)
Allstate brand		10				
Auto	14	0.7	6.4	14	0.7	6.4
National General						
Auto	9	0.8	5.3	9	0.8	5.3
	Three months ended March 31, 2022			Three months ended December 31, 2021		
	Number of locations	Total brand (%) (4)	Location specific (%)	Number of locations	Total brand (%)	Location specific (%)
Allstate brand						
Auto	28	3.6	9.3	25	2.9	7.1
National General						
Auto	24	1.9	4.6	22	2.4	5.7

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.

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

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.

Allstate brand implemented auto insurance rate increases totaled \$163 million in the month ended April 30, 2022, after implementing \$862 million and \$702 million of rate increases in the first quarter of 2021 and fourth quarter of 2021, respectively: