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 18, 2023

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.)

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3100 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:

 \Box 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
 ALL
 Chicago Stock Exchange

 5.100% Fixed-to-Floating Rate Subordinated Debentures due 2053
 ALL PR.B
 New York Stock Exchange

 Depositary Shares represent J1/L000th of a share of 5.100% Noncumulative Prefered Stock, Series I
 ALL PR I
 New York Stock Exchange

 Depositary Shares represent J1/L000th of a share of 4.750% Noncumulative Prefered 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 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

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 complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

Section 7 - Regulation FD

Item 7.01. Regulation FD Disclosure

The Registrant's press release dated May 18, 2023, announcing estimated catastrophe losses and implemented auto rates for April 2023 and the Registrant's implemented auto rate exhibit for April 2023 are posted on allstateinvestors.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.

Section 9 – Financial Statements and Exhibits						
Item 9.01.	Financial Statements and Exhibits					
(d)	Exhibits					
Exhibit No.		Description				
99.1 99.2 104		<u>The Registrant's press release dated May 18, 2023</u> <u>The Registrant's implemented auto rate exhibit for April 2023</u> Cover Page Interactive Data File (formatted as inline XBRL).				

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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/ Christine M. DeBiase Christine M. DeBiase Executive Vice President, Chief Legal Officer, General Counsel and Secretary

Date: May 18, 2023

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NFWS

FOR IMMEDIATE RELEASE

Contacts

Al Scott Media Relations (847) 402-5600

Brent Vandermause Investor Relations (847) 402-2800

Allstate Announces April 2023 Catastrophe Losses and Implemented Auto Rates

NORTHBROOK, Ill., May 18, 2023 - The Allstate Corporation (NYSE: ALL) today announced estimated catastrophe losses for the month of April of \$799 million or \$631 million, after-tax.

April month catastrophe losses include 12 events estimated at \$872 million, with approximately 60% of the losses related to two wind and hail events, partially offset by favorable reserve reestimates for prior events.

During the month of April, the Allstate brand implemented auto rate increases of 8.6% across 13 locations, resulting in total brand premium impact of 1.6%.

"Allstate continued to implement significant auto insurance rate actions as part of our comprehensive plan to improve profitability. Since the beginning of the year, rate increases for Allstate brand auto insurance have resulted in a premium impact of 3.3%, which are expected to raise annualized written premiums by approximately \$862 million," said Jess Merten, 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 communicated in these forward-looking statements. Factors that could cause actual results to 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.

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

	For the month ended April 30, 2023			Quarter-to-date ended April 30, 2023		
	Number of locations (2)	Total brand (%) (3) (4)	Location specific (%) (5)	Number of locations (2)	Total brand (%) (3) (4)	Location specific (%) (5)
Allstate brand						
Auto	13	1.6 (1)	8.6	13	1.6 (1)	8.
National General						
Auto	11	1.5	8.4	11	1.5	8.
		Three months ended March 31, 2023			Three months ended December 31, 2022	
	Number of locations (2)	Total brand (%) (3) (4)	Location specific (%) (5)	Number of locations (1)	Total brand (%) (3) (4)	Location specific (%) (5)
Allstate brand						
Auto	28	1.7	8.4	38	6.1	11
National General						
Auto	28	1.9	5.6	26	4.3	8

Includes California rate increase of 6.9% that will be effective in June 2023.
 Refers to the number of U.S. states, the District of Columbia on Canadian provinces where rate changes have been implemented. Allstate brand operates in 50 states, the District of Columbia, and 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.
 Allstate brand implemented auto insurance rate increases totaled \$408 million in the month ended April 30, 2023, after implementing \$454 million and \$1.48 billion of rate increases in the first quarter of 2022 and fourth quarter of 2022, respectively.
 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.