



RGA Executives Adopt Trading Plans

August 6, 2001

ST. LOUIS--(BUSINESS WIRE)--Aug. 6, 2001--Reinsurance Group of America, Incorporated (NYSE:RGA) announced today that two senior executives, A. Greig Woodring, President and Chief Executive Officer, and David B. Atkinson, Executive Vice President and Chief Operating Officer, each adopted trading plans pursuant to Securities and Exchange Commission Rule 10b5-1(c)(1). The executives implemented the plans to facilitate the gradual sale of shares they will acquire from exercising nonqualified stock options granted to each of them in 1993 and 1994. Those option grants have maximum terms of 10 years, and will expire on or before January 1, 2004. Several other RGA executives also hold options that expire within a similar time period, and the Company anticipates that some of those executives also may adopt trading plans.

Woodring's plan involves the sale of 182,534 shares, and does not apply to 74,246 shares he also beneficially owns. Atkinson's plan contemplates the sale of 100,530 shares, and does not apply to 78,496 shares he also beneficially owns. The plans include price thresholds and other variables consistent with the individual goals and needs of each executive, and allow the executives to diversify their respective financial holdings in a systematic, nondiscretionary manner. The plans are designed to minimize the market effect of the sales by spreading them over a more extended period of time than is available using traditional "window" periods.

Reinsurance Group of America, Incorporated, through its subsidiaries, RGA Reinsurance Company and RGA Life Reinsurance Company of Canada, is among the largest providers of life reinsurance in North America. In addition to its North American operations, Reinsurance Group of America, Incorporated has subsidiary companies, branch offices or representative offices in Argentina, Australia, Barbados, Spain, Mexico, Hong Kong, Japan, Taiwan, South Africa and the United Kingdom. Worldwide, the Company has over \$614 billion of life reinsurance in force and assets of \$6.2 billion. Metropolitan Life Insurance Company is the beneficial owner of approximately 59 percent of RGA's outstanding shares.

Reinsurance Group of America, Incorporated, does not undertake any obligation to update the information in this press release.

--30--KO/na*

CONTACT: Reinsurance Group of America, Incorporated

Jack B. Lay, 636/736-7439