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): March 21, 2024

REINSURANCE GROUP OF AMERICA, INCORPORATED

(Exact Name of Registrant as Specified in its Charter)

Missouri	1-11848
(State or Other Jurisdiction of Incorporation)	(Commission File Number)

43-1627032 (IRS Employer Identification No.)

16600 Swingley Ridge Road, Chesterfield, Missouri 63017 (Address of Principal Executive Offices, and Zip Code)

Registrant's telephone number, including area code: (636) 736-7000

Check the appropriate box below if the Form 8-K fili following provisions:	ng is intended to simultaneously satisfy	the filing obligation of the registrant under any of the		
☐ Written communications pursuant to Rule 42:	Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)			
☐ Soliciting material pursuant to Rule 14a-12 un	Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)			
☐ Pre-commencement communications pursuan	Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))			
☐ Pre-commencement communications pursuan	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 Symbol(s)	Name of each exchange on which registered		
Common Stock, par value \$0.01	RGA	New York Stock Exchange		
5.75% Fixed-To-Floating Rate Subordinated	RZB	New York Stock Exchange		
Debentures due 2056 7.125% Fixed-Rate Reset Subordinated Debentures due 2052	RZC	New York Stock Exchange		
Indicate by check mark whether the registrant is an emergin chapter) or Rule 12b-2 of the Securities Exchange Act of 1		405 of the Securities Act of 1933 (§230.405 of this		
☐ Emerging growth company				
☐ If an emerging growth company, indicate by check marknew or revised financial accounting standards provided pur		1 110 1		

Item 7.01 Regulation FD Disclosure.

In a press release dated March 21, 2024, a copy of which is attached hereto as Exhibit 99.1 and the text of which is incorporated by reference herein, Reinsurance Group of America, Incorporated (the "Company") announced that it will host a conference for institutional investors and analysts on Thursday, June 13, 2024 from 8:30 a.m. to 11:00 a.m. Eastern time. A webcast of the presentation will be accessible on the Company's website at www.rgare.com.

The information in this Item 7.01 and the exhibit attached hereto will not be deemed to be "filed" for the purposes of Section 18 of the Securities Exchange Act of 1934 (the "Exchange Act"), or otherwise subject to the liabilities of such section, nor will such information or exhibit be deemed incorporated by reference in any filing under the Securities Act of 1933 or the Exchange Act, except as may be expressly set forth by specific reference in such filing.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

99.1 Press Release of the Company dated March 21, 2024.

EX-104 Cover Page Interactive Data File (embedded within the Inline XBRL document).

SIGNATURE

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.

REINSURANCE GROUP OF AMERICA, INCORPORATED

Date: March 21, 2024 By: /s/ Todd C. Larson

Todd C. Larson

Senior Executive Vice President and Chief Financial Officer



REINSURANCE GROUP OF AMERICA TO HOST INVESTOR DAY

ST. LOUIS, March 21, 2024 – Reinsurance Group of America, Incorporated (NYSE: RGA) will host a conference for institutional investors and analysts at The St. Regis in New York City on Thursday, June 13, 2024, from 8:30 a.m. to 11:00 a.m. Eastern time.

The presentation materials and a link for the live audio webcast will be accessible at www.rgare.com under the Investors tab the morning of the event. A recording of the audio webcast will be made available and posted to the website after the event. Webcast attendees are encouraged to visit the website at least 15 minutes prior to the presentation to download and install any necessary software.

About RGA

Reinsurance Group of America, Incorporated (NYSE: RGA) is a global industry leader specializing in life and health reinsurance and financial solutions that help clients effectively manage risk and optimize capital. Founded in 1973, RGA is today one of the world's largest and most respected reinsurers and remains guided by a powerful purpose: to make financial protection accessible to all. As a global capabilities and solutions leader, RGA empowers partners through bold innovation, relentless execution, and dedicated client focus — all directed toward creating sustainable long-term value. RGA has approximately \$3.7 trillion of life reinsurance in force and assets of \$97.6 billion as of December 31, 2023. To learn more about RGA and its businesses, please visit rgare.com or follow RGA on LinkedIn and Facebook. Investors can learn more at investor.rgare.com.

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