



DISCLOSURE NOTICE

Disclosure of Directors and Officers Relevant Interests

(Section 197, Securities Markets Act 1988)

A. Disclosure obligation (tick box to note which disclosure obligation applies)

Initial disclosure (complete Parts A, B, C, D, F, and G of this notice)

Ongoing disclosure (complete Parts A, B, C, E, F and G of this notice)

B. Preliminary

1. Name	
2. NZX company code of issuer	
Name of issuer	
3. Name of related body corporate (if applicable)	
4. Position you hold in the issuer	
5. Date of this disclosure notice	

William Ross
NZMETE0001S2
Metlifecare Limited
General Manager Property Services
10-Nov-05

C. Nature of relevant interest

6. Name of registered holder(s) of security (as required by regulation 6A(b) or regulation 7(b))	
7. Class and type of security (as required by regulation 6B or regulation 8)	
8. Nature of relevant interest in security (as required by regulation 6A (a) or regulation 7(a))	

William Ross
Share Options
Beneficial

D. Date (for initial disclosure)

9. Date of disclosure obligation (as required by regulation 6C)	
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E. Transaction (for ongoing disclosure)

10. Date of last disclosure (as required by regulation 13)	
11. Date(s) of acquisition(s) or disposal(s) (as required by regulation 9)	
12. Number of transactions (as required by regulation 12(2), if applicable)	
13. Nature or type of transaction (as required by regulation 11(1)(a))	
14. Consideration (as required by regulation 10)	
15. Number of securities held prior, set out by class and type (as required by regulation 8)	
16. Number of securities subject to acquisition or disposal (as required by regulation 11(1)(b))	

03-May-04
09-Nov-05
One
Acceptance of offer to buy unexercised share options under a full takeover offer
\$264,000 (100,000 @ \$2.64)
100,000 share options
100,000 share options

F. Extent of relevant interest

17. Number of securities held now, set out by class and type (as required by regulation 6B or regulation 8)	
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Nil

Signature (as required by regulation 14)

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