

BNYM VIF:Appreciation Portfolio

(Unaudited)

As of date: 03/31/2021

Common Stocks

Identifier	Security Description
002824100	Abbott Laboratories
00287Y109	AbbVie
00724F101	Adobe
009158106	Air Products & Chemicals
02079K107	Alphabet, Cl. C
02209S103	Altria Group
023135106	Amazon.com
037833100	Apple
B908F01	ASML Holding
053015103	Automatic Data Processing
09247X101	BlackRock
11133T103	Broadridge Financial Solutions
13645T100	Canadian Pacific Railway
166764100	Chevron
B3BQMF6	Chubb
191216100	Coca-Cola Company/The
20030N101	Comcast, Cl. A
518439104	Estee Lauder Companies/The, Cl. A
30231G102	Exxon Mobil
30303M102	Facebook, Cl. A
5253973	Hermes International
BD0Q558	IHS Markit
45866F104	Intercontinental Exchange
461202103	Intuit
46120E602	Intuitive Surgical
46625H100	JPMorgan Chase & Co.
4061412	LVMH Moet Hennessy Louis Vuitton
571903202	Marriott International, Cl. A
574795100	Masimo
57636Q104	Mastercard, Cl. A
580135101	McDonald's
594918104	Microsoft
641069406	Nestle, ADR
654106103	NIKE, Cl. B
670100205	Novo Nordisk, ADR
68902V107	Otis Worldwide
713448108	PepsiCo

718172109	Philip Morris International
743315103	Progressive/The
75513E101	Raytheon Technologies
771195104	Roche Holding, ADR
78409V104	S&P Global
824348106	The Sherwin-Williams Company
882508104	Texas Instruments
907818108	Union Pacific
91324P102	UnitedHealth Group
92345Y106	Verisk Analytics, Cl. A
92826C839	Visa, Cl. A
254687106	Walt Disney Company/The

Other Investments

Identifier	Security Description
26200T208	Dreyfus Institutional Preferred Government Plus Money Market Fund

The fund holdings listing provides information on a fund's investments as of the date indicated and is subject to change at any time. The fund holdings listing provided here is based on the fund's most recent annual report or Form N-Q and has not been audited. The most recent annual/semiannual report can be viewed at www.bnymellonim.com/us . Forms N-Q are available at www.sec.gov.

Investors should consider the investment objectives, risks, charges and expenses of a fund carefully before investing. Call 1-800-373-9387 or visit www.bnymellonim.com for more information. This prospectus contains this and other information about a fund, and read it carefully before investing.