



MetLife

www.metlife.com/mybenefits

Learn more about your MetLife benefits

MetLife benefits information right from your desktop

The MyBenefits web site is a quick and easy way for you to get the information you need about your MetLife benefits – all in one place. Log in at www.metlife.com/mybenefits to see how we've taken personalization and integration to a new level.

Personalized homepage to all your MetLife benefits

Get more information on your MetLife benefits and access helpful tools from your personalized homepage.



Dental plans – Easily find a participating dentist or view your benefits, copay or coinsurance amount, and claims* online. Plus, look up the average costs for in-and out-of-network services* or link to www.oralhealthlibrary.com to research important dental topics.

Dental ID cards are available online for you to download and print at your convenience. Cards contain your name, employer's name and group number. Also included are MetLife's claims submission address,* website address, customer service telephone number and a service number for International Dental Travel Assistance*.

Additional MyBenefits features include:

- Planning tools that you can use to help you make informed decisions regarding your retirement benefits coverage as well as other useful information for a variety of everyday topics.
- Forms and documents that you may need are located in the forms library for you to download.
- In the "News & Updates" section you'll find information from MetLife and your employer such as enrollment dates and new product offerings.
- Online claims tracking and e-mail notifications called eAlerts, which will provide information regarding status changes to your claims for certain benefits.*

The MetLife Mobile App is now available on the iTunes App Store and Google Play. Download the app and use it to find a participating dentist, view your claims* and to see your ID card.¹

^{*}This feature is not available for members with a MetLife Dental HMO/Managed care plan. Like most group benefit programs, benefit programs offered by MetLife contain certain exclusions, exceptions, waiting periods, reductions, limitation and terms for keeping them in force. Ask your MetLife group representative for complete details.

¹ Before using the MetLife Mobile App, you must register at www.metlife.com/mybenefits from a computer. Registration cannot be done from your mobile device. Certain features of the MetLife Mobile App are not available for all MetLife Dental Plans.