



## Learn more about your MetLife benefits



## MetLife benefits information right from your desktop

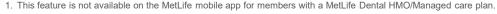
The MyBenefits website is a quick and easy way to get the information you need about your MetLife benefits—all in one place. Log in at metlife.com/mybenefits to see how we've taken personalization and integration to a new level.

## Personalized homepage to all your MetLife benefits

Get more information on your MetLife benefits, where you can link to detailed coverage information and can perform tasks, such as:

Dental Plans - Easily find a participating dentist or view your benefits, copay or coinsurance amount and claims<sup>1</sup> online. Plus, you can access our extensive Oral Health Library<sup>3</sup> to research important dental topics.

Dental ID cards are available online to download and print at your convenience. Cards contain your 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.4



<sup>2.</sup> To use the MetLife mobile app, employees can choose to register at metlife.com/mybenefits from a computer or directly through the app. Certain features of the MetLife Mobile App are not available for all MetLife Dental Plans.

Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, reductions, limitations, waiting periods and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details. You may be financially responsible for copayments, deductibles, or any other amounts in excess of those MetLife is required to pay for covered services as described in your dental certificate and/or policy.





The MetLife mobile app is available in the App Store and on Google Play. Download the app and use it to find a participating dentist, view your claims1 and see your ID card.2

metlife.com/mybenefits

<sup>3.</sup> All information provided on this website ("Website") is intended for your general knowledge only and is not a substitute for obtaining medical or dental advice for specific medical or dental conditions or other advice from your dentists or doctors. By making the Website available to you, Metropolitan Life Insurance Company and its affiliates (collectively, "MetLife") are not engaged in rendering any such advice. Use of the Website is subject to all the terms stated therein. The Website is developed, provided and maintained by Verifpoint, an independent vendor. Insofar as the information provided on the Website is from third parties or links to third party websites, it has no association whatsoever with MetLife, unless expressly stated.

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