

Checking your benefits just got easier

MetLife's mobile app puts convenience in the palm of your hands. You can quickly access and manage your benefit information — anytime, anywhere.



Dental Insurance¹

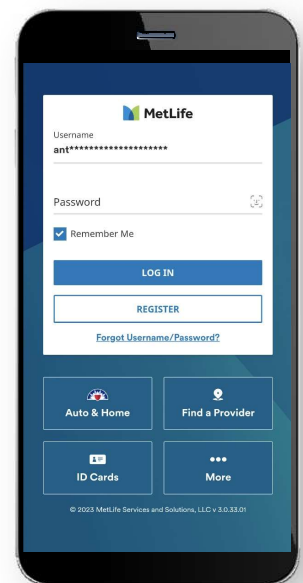
- Find a dentist
- Plan based cost estimator for dental procedures
- View your Plan Summary
- View your claims
- Book an appointment
- Provider reviews and ratings
- Provider reviews and ratings
- View and save ID card

Vision Insurance

- Find a provider
- View and save ID card

Disability & Absence Insurance

- View and update claim & leave information
- Set up direct deposit for benefit payments



It is easy to get the MetLife US Mobile app

Search “MetLife” in the App Store® or Google Play® and download the MetLife US Mobile App, or scan these QR codes.



Legal Services

- Find an attorney
- View your plan details
- Get a case number

Accident & Health

- View coverage details
- Submit claims
- View claim status
- Upload documents

Need Technical Assistance? Contact Web Tech. 1-877-9MetWeb 1-877-963-8932

Hours of Operation: Mon-Fri, 8am - 11pm ET/7am - 10pm CT 6am - 9pm MT/5am - 8pm PT

1. 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.

Dental Managed Care Plan benefits are provided by Metropolitan Life Insurance Company, a New York corporation in NY. Dental HMO plan benefits are provided by: SafeGuard Health Plans, Inc., a California corporation in CA; SafeGuard Health Plans, Inc., a Florida corporation in FL; SafeGuard Health Plans, Inc., a Texas corporation in TX; and MetLife Health Plans, Inc., a Delaware corporation and Metropolitan Life Insurance Company, a New York corporation in NJ. The Dental HMO/Managed Care companies are part of the MetLife family of companies.

"DHMO" is used to refer to product designs that may differ by state of residence of the enrollee, including but not limited to: "Specialized Health Care Service Plans" in California; "Prepaid Limited Health Service Organizations" as described in Chapter 636 of the Florida statutes in Florida; "Single Service Health Maintenance Organizations" in Texas; and "Dental Plan Organizations" as described in the Dental Plan Organization Act in New Jersey.

Like most group benefit plans, benefit plans offered by MetLife and its affiliates contain certain exclusions, exceptions, waiting periods, reductions, limitations, and terms for keeping them in force. Please contact MetLife or your plan administrator for complete details.

