

# How to Select a PPO Provider

## Step 1: Visit [MetLife.com](https://www.metlife.com)

- Under **Products & Solutions**, select **Dental Insurance**

## Step 2: Scroll to bottom of the page and select [Find a Dentist](#)

How can we help?

[Log in to manage your MetLife account or to access claim forms and additional resources.](#)



Find a Dentist



Online Claim Form



Get the App

## Step 3: Select **PDP Plus** for your network, enter zip code, and press Find.

### Find a Dentist

Our network of dentists and specialists offers the choices you need. To receive in-network benefits, services must be performed at a provider's address below.

Your Network



ZIP code

Dentist or Practice Name (optional)

[Need help finding your network?](#)

[Use Current Location](#)

Find

\*With the PPO plan you have the flexibility to choose any licensed dentist, in or out of network, nationwide. No referral is needed for specialty care. However, if you choose an out-of-network provider, your out-of-pocket costs may be higher.

# How to Select a DHMO Provider

## Step 1: Visit [MetLife.com](https://www.metlife.com)

- Under **Products & Solutions**, select **Dental Insurance**

## Step 2: Scroll to bottom of the page and select [Find a Dentist](#)

How can we help?

[Log in to manage your MetLife account or to access claim forms and additional resources.](#)



Find a Dentist



Online Claim Form



Get the App

## Step 3: Select [Dental HMO/Managed Care](#) for your network, enter zip code, and press Find.

### Find a Dentist

Our network of dentists and specialists offers the choices you need. To receive in-network benefits, services must be performed at a provider's address below.

Your Network



ZIP code

Dentist or Practice Name (optional)

[Need help finding your network?](#)

[Use Current Location](#)

Find

## Step 4: Select the plan [MET185](#)

## Step 5: Choose a provider and note the [Facility Number](#). This will be needed during your enrollment.

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[Christopher Edwards, D.D.S.](#)

Dental office: Monarch Dental - Bedford - SP

**Facility Number:** 7938

1717 Airport Freeway

Bedford, TX 76021

(817) 540-2223

**Accepts new patients:** Yes

**Specialties:** Orthodontist

**Handicap Accessible:** Yes

1.0 miles

*\*To select or change your DHMO provider after enrollment, contact MetLife Customer Service at 1-800-438-6388.*