

Learn more about your MetLife dental benefits



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

metlife.com/mybenefits

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 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 claims¹ online. Plus, you will have access to our extensive Oral Health Library³ to research important dental topics.

Dental ID cards are available online for you to download and print at your convenience.¹ Cards contain your name and group number. Also included are MetLife's claims submission address,¹ website address, customer service telephone number and a service number for International Dental Travel Assistance.⁴

1. This feature is not available for members with a MetLife Dental HMO/Managed care plan.
2. To use the MetLife mobile app, members 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.
3. 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.
4. AXA Assistance USA, Inc. provides Dental referral services only. AXA Assistance is not affiliated with MetLife, and the services and benefits they provide are separate and apart from the insurance provided by MetLife. Referral services are not available in all locations.

Like most group benefit programs, benefit programs offered by MetLife contain certain exclusions, exceptions, waiting periods, reductions, limitations and terms for keeping them in force. Ask your MetLife group representative for complete details.