MetLife | Health Screening Benefit

Routine checkups can be a lifesaver

Plus, your Health Screening Benefit pays for completing covered wellness checks!



The MetLife Health Screening Benefit (HSB)[1] pays a cash benefit payment of **$50** for your MetLife Accident and/or Critical Illness coverage. This benefit extends to any covered dependents and can be utilized each calendar year to help you keep health a priority.

How to get paid for staying well

1. **Complete a covered test, such as:**
   - Routine health, dental, or vision checkup
   - Electrocardiogram (EKG)
   - Chest x-rays
2. **Confirm your screening online**
   Visit **mybenefits.metlife.com** to easily file your claim.
3. **Get your cash benefit payment**
   You can use it on anything to make you feel better—anything!

Recent enhancements

Our Health Screening Benefit now includes more than 50 screening tests,[2] including:

- Routine health check-up
- Immunizations
- Hearing tests
- Dental and vision exams
- Coronavirus testing

Login to mybenefits.metlife.com for a complete list of covered tests and screenings.

Health Screening Benefit

Examples of screenings that may qualify for a Health Screening Benefit

- Annual physical exam (routine health check-up)
- Biopsies for cancer
- Blood Chemistry Panel
- Blood test to determine total cholesterol
- Blood test to determine triglycerides
- Bone marrow testing
- Breast Magnetic Resonance Imaging (MRI)
- Breast ultrasound
- Breast sonogram
- Cancer antigen 15-3 blood test for breast cancer (CA 15-3)
- Cancer antigen 125 blood test for ovarian cancer (CA 125)
- Carcinoembryonic antigen blood test for colon cancer (CEA)
- Carotid doppler
- Any cervical cancer screening test approved by the federal Food and Drug Administration upon approval by the Covered Person's Physician[2]
- Chest x-rays
- Clinical testicular exam
- Colonoscopy
- Complete Blood Count
- Coronavirus Testing (Diagnostic or Antibody)
- Dental exam
- Digital rectal exam (DRE)
- Doppler screening for cancer
- Doppler screening for peripheral vascular disease
- Echocardiogram
- Electrocardiogram (EKG)
- Electroencephalogram (EEG)
- Endoscopy
- Eye exam
- Fasting blood glucose test
- Fasting plasma glucose test
- Flexible sigmoidoscopy
- Hearing Test
- Hemoccult stool specimen
- Hemoglobin A1C
- A human papillomavirus test approved by the Federal Food and Drug Administration[2]
- Human papillomavirus (HPV) vaccination
- Immunization
- Lipid panel
- Mammogram[1]
- Oral cancer screening
- Pap smears or thin prep pap test
- Prostate-specific antigen (PSA) test
- Serum cholesterol test to determine LDL or HDL levels
- Serum protein electrophoresis
- Skin cancer biopsy
- Skin cancer screening
- Skin exam
- Stress test on bicycle or treadmill
- Successful completion of smoking cessation program
- Tests for sexually transmitted infections (STIs)
- Thermography
- Two-hour post-load plasma glucose test
- Ultrasounds for cancer detection
- Ultrasound screening of the abdominal aorta for abdominal aortic aneurysms
- Virtual colonoscopy
- Any generally medically accepted cancer screening tests approved by the Federal Food and Drug Administration[2]

Questions? Call MetLife Customer Service.
1-800-GET-MET8 (1-800-438-6388)

1. The Health Screening Benefit may not be available in all states. In some states, the benefit is referred to as the Accident Prevention Screening Benefit.
2. All screening tests may not be included with your plan. See your certificate for a complete list of screening tests covered under your plan

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