MetLife | Supplemental Health

# Know your coverage: Access your Certificate of Insurance.



The specific terms and provisions of your insurance with MetLife can be found in your **Certificate of Insurance**, available online at **mybenefits.metlife.com**.

## MyBenefits is your online destination for all things MetLife

Here's how to register:

1. **Visit MyBenefits**
   If prompted, enter "NOV" in the Employer or Association field.
2. **Click Register Now**
   Create a username and password, add your personal email address.
3. **Agree to the terms of use**

You'll receive a confirmation email to know you're set!

## Access your Certificate of Insurance

1. Login to **mybenefits.metlife.com**
2. Click on **My Accounts** and navigate to the relevant coverage
3. Use the **I want to…** dropdown menu to select **"Go to my coverage"**
4. Click **Certificate of Insurance**

### What's included in a Certificate of Insurance?

- Coverage effective dates
- Definitions
- A Schedule of Benefits
- Eligibility information
- Health Screening Benefit details
- Required Proof for filing a claim
- Exclusions

Please read it carefully and maintain with your records.

**Questions? Call** 1-800-GET-MET8 (1-800-438-6388)

Like most group insurance policies, MetLife's group policies contain certain exclusions, exceptions, limitations and terms for keeping them in force. Please contact MetLife or your benefits administrator for more information.

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