Travel well
A full suite of Health & Wellness benefits for employees working abroad

Health is always top-of-mind, especially when you’re far from home. That’s exactly why MetLife Worldwide Benefits offers enhanced health and wellness programs specifically designed for employees and their families working abroad.

From employee assistance to maternity care, MetLife Worldwide Benefits wellness services include:

- International Employee Assistance Program (IEAP)¹
- Remote Second Medical Opinion²
- Telemedicine³
- Online Wellness⁴
- 24-Hour Nurse Line
- Chronic Disease Management
- Maternity Care⁵
- Health and Wellness Toolkits

Visit MetLifeWorldwide.com for a full listing of benefits available.

Go to our website: MetLifeWorldwide.com

To find out more about the complete range of health and wellness services and support MetLife Worldwide Benefits offers, contact your MetLife Worldwide Benefits Account Executive.
Maternity Care
Pregnant employees or dependents can receive trained assistance by phone on topics such as nutrition and maternity education.

Health and Wellness Toolkits
Available exclusively through MetLife, these online toolkits cover everything from lifestyle changes to smoking cessation to fighting colds and flus.

Online Wellness
Web-based support and resources to help those living and working abroad. Includes health assessments, content on a variety of health and well topics, podcasts, toolkits, calculators, journals and more.

Remote Second Medical Opinion
Employees can get their diagnosis and treatment plans reviewed by healthcare providers in the U.S. without having to leave their host country.

24-Hour Nurse Line
Informed and educated nurses available 24/7 by phone to answer health questions.

Telemedicine
Employees and their families can connect directly to licensed medical providers. Quick and easy access for minor illnesses and injuries, general medical advice, and assistance with prescriptions.

International Employee Assistance Program (IEAP)
Adjusting to life abroad can be a challenge. We’ll help your globally mobile employees get acclimated to their location with counseling from highly qualified, licensed professionals.

Chronic Disease Management
Personal health coaches and Case Managers available to help with chronic conditions like asthma, diabetes, coronary artery disease.

Learn more
Contact your MetLife Worldwide Benefits Account Executive.

MetLife’s Worldwide Benefits products are underwritten by Delaware American Life Insurance Company, a MetLife affiliate domiciled at 600 North King Street, Wilmington, DE 19801, and other affiliates.