MetLife | MyBenefits

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Learn more about your MetLife benefits



MetLife benefits information right from your desktop

The MyBenefits website is a quick and easy way 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 claims[1] online. Plus, you can access our extensive Oral Health Library[3] to research important dental topics.

Dental ID cards are available online to download and print at your convenience. Cards contain your name, employer's 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]



The MetLife mobile app is available in the App Store and on Google Play. Download the app and use it to find a participating dentist, view your claims[1] and see your ID card.[2]

metlife.com/mybenefits

Additional MyBenefits features include:

- Forms and documents that you may need are located in the “Tools & Resources” area at the bottom of the MyBenefits home page for you to download.
- In the “Messages” tab, you’ll find information from MetLife and your employer, such as new product offerings.
- Online claims tracking and email notifications called eAlerts, which will provide information regarding status changes to your claims for certain benefits.[1]
- MetLife Virtual Assistant is available on MyBenefits for Dental PPO members. This new click-to-chat feature offers quick help for dental-related inquiries and other common tasks such as viewing claims, personal coverage and obtaining personalized estimates.

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

1. This feature is not available on the MetLife mobile app for members with a MetLife Dental HMO/Managed care plan.
2. To use the MetLife mobile app, employees 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 and its affiliates contain certain exclusions, exceptions, reductions, limitations, waiting periods and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details. You may be financially responsible for copayments, deductibles, or any other amounts in excess of those MetLife is required to pay for covered services as described in your dental certificate and/or policy.

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