

# A Network for School Employees!

The MetLife vision network, powered by Vision Service Plan (VSP), allows you to choose from thousands of ophthalmologists, optometrists and opticians at private practices or at popular retail locations like Costco® Optical, Fred Meyer and more. You can find the names, addresses, and phone numbers of providers by searching our online **Find a Vision Provider** directory.

Follow the steps below to confirm your current vision care provider is part of the MetLife network and assure no disruption by choosing MetLife for your vision care needs.



**Step 1:**  
Go to [metlife.com](https://www.metlife.com)



**Step 2:**  
**Select "I want to find a MetLife:"**  
Click "Vision Provider" and enter your location, and select the MetLife Vision PPO network.

I want to find a MetLife:

Agent	Dentist	Vision Provider
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Seattle, WA, USA

MetLife Vision PPO

[Don't know your network?](#)

**SUBMIT**



**Step 3:**  
**Refine Your Search (optional)**  
Use the Refine Your Search option to locate a provider by frame brand, language spoken or a specific service.

Vision benefits are underwritten by Metropolitan Life Insurance Company (MetLife), New York, NY. Certain claims and network administration services are provided through **Vision Service Plan (VSP)**, Rancho Cordova, CA. VSP is not affiliated with MetLife or its affiliates. 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 Certificate of Coverage for costs and complete details.