Staying on top of your health pays off

Earn cash with your Health Screening Benefit (HSB)[1]

If you're enrolled in MetLife's Accident or Critical Illness Insurance, you can receive cash for completing a qualifying health screening test.

How much can you receive?

- **Accident: $50 per year** for completing one eligible health screening for yourself and each covered dependent.
- **Critical Illness: $50 per year** for completing one eligible health screening, plus **$200 for a mammogram**, for yourself and each covered dependent.

Screen. Submit. Get paid.

Examples of covered screenings may include[2]:

- Routine health check-up/annual physical
- Colonoscopy
- Stress test (bicycle/treadmill)
- Blood tests (A1C, cholesterol, etc.)
- Skin exam
- Chest x-ray
- Dental exam/oral cancer screening
- Echocardiogram or electrocardiogram
- Eye exam

And more eligible tests.

Please check the next page for a list of all eligible screenings and tests.

Learn more

metlife.com/mybenefits

Questions?

Call 1-800-GET-MET8
(1-800-438-6388)

Claim your benefit in 3 easy steps

1. **Log in.**
   Visit **metlife.com/mybenefits** or call 1-**800-GET-MET8** (1-800-438-6388), Monday - Friday, 8:00 a.m. - 8:00 p.m. Eastern time. You can also use the **MetLife Mobile App!**
2. **Provide a few details, including:**
   - Name of the insured
   - Group name & certificate number
   - Date of test & the type of test completed
3. **Receive your HSB payment.**
   If submitting via MyBenefits, payment can be made via EFT for direct deposit. Checks are typically issued within a few business days once we process your claim.

You can even submit claims for your covered spouse and/or dependent children[3]—no hard copy proof required.

After you submit your claim

Our Claims Specialists will review your information, request more details if needed, and notify you of the decision in writing.

MetLife WILLIAMS-SONOMA

All Eligible Screening/Prevention Measures

Routine **health** check-up exam	Fasting blood glucose test
Biopsies for cancer	Fasting plasma glucose test
Blood chemistry panel	Flexible sigmoidoscopy
Blood test to determine total cholesterol	Hearing test
Blood test to determine triglycerides	Hemoccult stool specimen
Bone marrow testing	Hemoglobin A1C
Breast MRI	Human papillomavirus (HPV) vaccination
Breast ultrasound	A human papillomavirus test that is approved by the federal food and drug administration;
Breast sonogram	Immunization
Cancer antigen 15-3 blood test for breast cancer (CA 15-3)	Lipid panel
Cancer antigen 125 blood test for ovarian cancer (CA 125)	Oral cancer screening
Carcinoembryonic antigen blood test for colon cancer (CEA)	Pap smears or thin prep pap test
Carotid doppler	Prostate-specific antigen (PSA) test
Any cervical cancer screening test approved by the federal food and drug administration upon approval by the covered person's physician	Serum cholesterol test to determine LDL and HDL levels
Chest x-rays	Serum protein electrophoresis
Clinical testicular exam	Skin cancer biopsy
Colonoscopy	Skin cancer screening
Complete blood count (CBC)	Skin exam
Coronavirus testing	Stress test on bicycle or treadmill
Dental exam	Successful completion of smoking cessation program
Digital rectal exam (DRE)	Tests for sexually transmitted infections (stis)
Doppler screening for cancer	Thermography
Doppler screening for peripheral vascular disease	Two-hour post-load plasma glucose test
Echocardiogram	Ultrasounds for cancer detection
Electrocardiogram (EKG)	Ultrasound screening of the abdominal aorta for abdominal aortic aneurysms
Electroencephalogram (EEG)	Virtual colonoscopy
Endoscopy	Any generally medically accepted cancer screening tests approved by the federal food and drug administration
Eye exams	

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. Participants can find out more about this benefit and covered tests by viewing their Certificate which can be found on MyBenefits.

3. Dependent Child coverage varies by state. Please contact MetLife for more information

METLIFE'S ACCIDENT (AX), HOSPITAL INDEMNITY (HI) AND CRITICAL ILLNESS (CII) INSURANCE POLICIES ARE LIMITED BENEFIT GROUP INSURANCE POLICIES. The policies are not intended to be a substitute for medical coverage providing benefits for medical treatment, including hospital, surgical, and medical expenses, and do not provide reimbursement for such expenses. Certain states may require the insured to have medical coverage to enroll in these policies. Like most group accident and health insurance policies, MetLife's AX, HI and CII policies contain certain exclusions, limitations and terms for keeping them in force. Product features and availability may vary by state. The policies may be subject to a Benefit Reduction Due to Age provision. For HI and AX, prior hospital confinement may be required to receive certain benefits, and there may be a pre-existing condition exclusion for hospital sickness benefits, if applicable. Hospital does not include certain facilities such as nursing homes, convalescent care or extended care facilities. For CII, there may be a pre-existing condition exclusion, and a Benefit Suspension Period between recurrences of the same Covered Condition or occurrences of different Covered Conditions. MetLife offers CII on both an Attained Age basis, where rates will increase when a Covered Person reaches a new age band, and an Issue Age basis, where rates will not increase due to age. Rates are subject to change. MetLife reserves the right to raise premium rates for Issue Age CII on a class-wide basis. A more detailed description of the benefits, limitations, and exclusions applicable to MetLife's AX, HI and CII products can be found in the applicable Disclosure Statements or Outlines of Coverage/Disclosure Documents available at time of enrollment. For complete details of coverage and availability: for AX and HI, please refer to the group policy form GPNP12-AX, GPNP13-HI, GPNP16-HI or GPNP12-AX-PASG; and for CII, please refer to the group policy form GPNP07-CI, GPNP09-CI, GPNP10-CI, GPNP14- CI, GPNP19-CI, or contact MetLife for more information. Benefits are underwritten by Metropolitan Life Insurance Company, New York, New York.

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.

MetLife

Navigating life together

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