MetLife | Health Screening Benefit

Routine checkups can be a lifesaver

Plus, your Health Screening Benefit pays for completing covered wellness checks!



The MetLife Health Screening Benefit (HSB)[1] pays a cash benefit payment of **$75** for your MetLife Critical Illness coverage. This benefit extends to any covered dependents and can be utilized each calendar year to help you keep health a priority.

How to get paid for staying well

1. **Complete a covered test, such as:**
   - Routine health, dental, or vision checkup
   - Electrocardiogram (EKG)
   - Chest x-rays
2. **Confirm your screening online**
   Visit **mybenefits.metlife.com** to easily file your claim.
3. **Get your cash benefit payment**
   You can use it on anything to make you feel better—anything!

Recent enhancements

Our Health Screening Benefit now includes more than 50 screening tests,[2] including:

- Routine health check-up
- Immunizations
- Hearing tests
- Dental and vision exams
- Coronavirus testing

Login to mybenefits.metlife.com for a complete list of covered tests and screenings.

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Examples of screenings that may qualify for a Health Screening Benefit

- Annual physical exam (routine health check-up)
- Biopsies for cancer
- Blood Chemistry Panel
- Blood test to determine total cholesterol
- Blood test to determine triglycerides
- Bone marrow testing
- Breast Magnetic Resonance Imaging (MRI)
- Breast ultrasound
- Breast sonogram
- Cancer antigen 15-3 blood test for breast cancer (CA 15-3)
- Cancer antigen 125 blood test for ovarian cancer (CA 125)
- Carcinoembryonic antigen blood test for colon cancer (CEA)
- Carotid doppler
- Chest x-rays
- Clinical testicular exam
- Colonoscopy
- Complete Blood Count
- Coronavirus Testing (Diagnostic or Antibody)
- Dental exam
- Digital rectal exam (DRE)
- Doppler screening for cancer
- Doppler screening for peripheral vascular disease
- Echocardiogram
- Electrocardiogram (EKG)
- Electroencephalogram (EEG)
- Endoscopy
- Eye exam
- Fasting blood glucose test
- Fasting plasma glucose test
- Flexible sigmoidoscopy
- Hearing Test
- Hemoccult stool specimen
- Hemoglobin A1C
- A human papillomavirus[2]
- Human papillomavirus (HPV) vaccination
- Immunization
- Lipid panel
- Mammogram[1]
- Oral cancer screening
- Pap smears or thin prep pap test
- Prostate-specific antigen (PSA) test
- Serum cholesterol test to determine LDL or HDL levels
- Serum protein electrophoresis
- Skin cancer biopsy
- Skin cancer screening
- Skin exam
- Stress test on bicycle or treadmill
- Successful completion of smoking cessation program
- Tests for sexually transmitted infections (STIs)
- Thermography
- Two-hour post-load plasma glucose test
- Ultrasounds for cancer detection
- Ultrasound screening of the abdominal aorta for abdominal aortic aneurysms
- Virtual colonoscopy

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

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. All screening tests may not be included with your plan. See your certificate for a complete list of screening tests covered under your plan

METLIFE CRITICAL ILLNESS INSURANCE (CII) IS A LIMITED BENEFIT GROUP INSURANCE POLICY. Like most group accident and health insurance policies, MetLife's CII policies contain certain exclusions, limitations and terms for keeping them in force. Product features and availability may vary by state. The plan may include a pre-existing condition exclusion. After a covered condition occurs, there is a benefit suspension period during which benefits will not be paid for a recurrence, except in the case of individuals covered under a New York certificate. MetLife offers CII with either Attained Age or Issue Age rates. Attained Age rates are based on 5-year age bands and will increase when a Covered Person reaches a new age band. MetLife's Issue Age CII is guaranteed renewable and may include a Benefit Reduction Due to Age provision. Premium rates for MetLife's Issue Age CII are based on age at the time of the initial coverage effective date and will not increase due to age; premium rates for increases in coverage, including the addition of dependents' coverage, if applicable, will be based on the covered person's age at the time of the initial coverage effective date. Rates are subject to change for MetLife's Issue Age CII on a class-wide basis. A more detailed description of the benefits, limitations and exclusions applicable can be found in the applicable Disclosure Statement or Outline of Coverage/Disclosure Document available at time of enrollment. For complete details of coverage and availability, please refer to the group policy form GPNP07-CI, GPNP09-CI, GPNP10-CI, GPNP14-CI or contact MetLife for more information. Benefits are underwritten by Metropolitan Life Insurance Company, New York, New York. MetLife's Critical Illness Insurance is not intended to be a substitute for Medical Coverage providing benefits for medical treatment, including hospital, surgical and medical expenses. MetLife's Critical Illness Insurance does not provide reimbursement for such expenses.

MetLife

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