



Make the most of 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 to metlife.com/mybenefits to make the most of your dental benefits.

[Go To MyBenefits](#)

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:

Download your dental ID card – Download or print your dental ID card at your convenience so you'll be ready for your next dental appointment.

Find a dentist or specialist – Easily find a participating dentist. You can choose from over 133,000 providers nationwide.²

See what's covered – Review your coverage details and estimate costs for exams, cleanings, treatments and more.



Manage your MetLife Dental coverage with our digital capabilities

Get proactive alerts and notifications through Email and/or SMS.¹

Maximize the value of your benefits by subscribing to Email notifications that will help you find a provider, view your coverage, and much more.

Get timely information and updates about your MetLife dental claims by text.¹ We will not send any confidential information—just quick, convenient messages letting you know when we have received your claim. We will also notify you when your claim has been processed.

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.
- **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.

Make communications preferences work for you:

- Easily subscribe to email and/or text notifications, which will provide information regarding status changes to your claims for certain benefits.

1. Log into your account at MyBenefits.MetLife.com
2. Go to your Profile page and choose Email and/or SMS Alerts

The screenshot shows the MetLife MyBenefits website interface. At the top, there's a navigation bar with 'HOME', 'BENEFITS & COVERAGES', 'CLAIM CENTER', and 'DOCUMENTS & FORMS'. Below this, there's a section for communication preferences. It has three columns: 'Email', 'SMS Alerts ¹', and 'Direct Mail'. There are two rows of preferences, one for 'Disability' and one for 'Dental PPO Plan'. Each row has input fields for 'Email Address' and 'Phone', and checkboxes for each communication method. A red arrow points to the 'SMS Alerts' checkbox for the 'Dental PPO Plan' row, which is currently checked.

	Email	SMS Alerts ¹	Direct Mail
Disability	☒	☐	☒
Dental PPO Plan	☒	☒	☐

Visit metlife.com/mybenefits to find answers to your questions online.

¹ Dental SMS texting is available for members with a MetLife Dental PPO plan; it is not available for members with a PPO and DHMO plan.

² Based on MetLife internal contracting system analysis as of January 2024.

Like most group benefit programs, benefit programs offered by MetLife contain certain exclusions, exceptions, waiting periods, reductions, limitations and terms for keeping them in force. Ask your MetLife group representative for complete details.