

Dental coverage for every stage of life.



MetLife TakeAlong Dentalsm

With our lifelong, portable dental program, you can continue enjoying nationwide network access and the great dental benefits you know and trust. TakeAlong Dental is there for you through every life stage—and that's something to smile about!

The benefits of coverage:



Keep your dentist, your current network access and dental benefits.



Easily switch from group dental to our portable plan. Flexible enrollment options and a suite of resources can guide you through the process.



Choose from a variety of dental options, including PPO, DHMO and Discount Plans. No matter what you select, your coverage is built to last (unlike with short-term options like COBRA).¹



Conveniently make payments online with a credit card.

Enroll now.

Visit metlifetakealongdental.com for the information you need, all in one place. Explore the program, features and cost. Then, enroll in coverage for you and your dependents.

The importance of long-term care

Regular preventive care may help you prevent painful and costly dental problems, but keeping your teeth healthy without coverage can be expensive. That's where MetLife TakeAlong Dental can help! Choose an individual dental policy or a non-insurance discount dental program and you'll enjoy great benefits and competitive pricing now and in the future. Our lifelong dental solution can help lower your costs and suit your lifestyle.

Two great programs to choose from

PPO or DHMO/Managed Care program options	MetLife Discount Dental ²
This could be the last dental program you ever need to enroll in! Our coverage provides for you and your family, now and through all your stages of life. Whatever program or level of coverage you choose, you'll enjoy competitive prices and robust benefits with thousands of participating locations.	The MetLife Discount Dental Program is not insurance but is designed to save you money on all your dental needs! Receive savings on everything from orthodontics and specialist visits to cosmetic dentistry. Your purchase also includes the MetLife VisionAccess Discount program at no additional cost.

For questions or to enroll:



Enroll online
[metlifetakealongdental.com](https://www.metlifetakealongdental.com)



Enroll by phone
1-844-2METDEN
(1-844-263-8336)



Your referral code
RMTADSOUTH

Enroll today!
Visit [metlifetakealongdental.com](https://www.metlifetakealongdental.com) for the information you need, all in one place. Explore the program, features and cost. Then, enroll in coverage for yourself and your dependents.

1. MetLife TakeAlong Dental is not COBRA coverage and does not affect any employer obligation to provide COBRA coverage.

2. THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance. This plan does not meet the minimum creditable coverage requirements under M.G.L. c.111M and 956 CMR 5.00. This plan is not a Qualified Health Plan under the Affordable Care Act. The range of discounts will vary depending on the type of provider and service. The plan does not pay providers directly. Plan members must pay for all services but will receive a discount from participating providers. The list of participating providers is available at www.metlifetakealongdental.com. A written list of participating providers is available upon request. You may cancel within the first 30 days after the effective date or receipt of membership materials (whichever is later) and receive a full refund. Discount Plan Organization and administrator: Careington International Corporation, 7400 Gaylord Parkway, Frisco, TX 75034; phone (800) 441-0380. Not available in Washington, Utah and Vermont.

MetLife TakeAlong Dental availability varies by state.

MetLife VisionAccess is a discount program and not an insured benefit. It is provided through Vision Service Plan (VSP), Rancho Cordova, CA. VSP is not affiliated with Metropolitan Life Insurance Company or its affiliates. MetLife VisionAccess is available at no charge and is not contingent upon the purchase of dental insurance.

Dental Managed Care Plan benefits are provided by Metropolitan Life Insurance Company, a New York corporation in NY. Dental HMO plan benefits are provided by SafeGuard Health Plans, Inc., a California corporation in CA; SafeGuard Health Plans, Inc., a Florida corporation in FL; SafeGuard Health Plans, Inc., a Texas corporation in TX; and MetLife Health Plans, Inc., a Delaware corporation and Metropolitan Life Insurance Company, a New York corporation in NJ. The Dental HMO/Managed Care companies are part of the MetLife family of companies.

"DHMO" is used to refer to product designs that may differ by state of residence of the enrollee, including but not limited to: "Specialized Health Care Service Plans" in California; "Prepaid Limited Health Service Organizations" as described in Chapter 636 of the Florida statutes in Florida; "Single Service Health Maintenance Organizations" in Texas; and "Dental Plan Organizations" as described in the Dental Plan Organization Act in New Jersey.

Dental benefits are provided by Metropolitan Life Insurance Company (MetLife) or an affiliate of MetLife. Certain administrative services are provided by Careington BenefitSolutions (Careington), Frisco, TX. Careington is not affiliated with MetLife or its affiliates. In certain states, availability of the individual dental product is subject to regulatory approval. Like most 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 for costs and complete details. MetLife Discount Dental Program is provided through Careington International Corporation, Frisco, TX. Careington International Corporation is not affiliated with MetLife or its affiliates.

For Vermont residents, any applicable waiting periods are limited to a maximum of 6 months. For Maine residents, waiting periods do not apply to children under 19 years of age. Once enrolled, this will be reflected in your policy.

For Colorado Residents: This policy DOES NOT include coverage of pediatric dental services as required under the Affordable Care Act. Coverage of pediatric dental services is available for purchase in the State of Colorado and can be purchased as a stand-alone plan. Please contact your insurance carrier, agent or Connect for Health Colorado to purchase either a plan with pediatric dental coverage or an Exchange-qualified stand-alone dental plan with pediatric coverage.

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

Savings from enrolling in a dental benefits plan will depend on various factors, including the cost of the plan, how often participants visit a dentist, and the cost of services rendered.