

Discover the benefits of MetLife Dental

Did you know MetLife Dental benefits come with features designed to help you get maximum value delivered out of your employer-sponsored benefits? Brush up on the benefits listed below that are included when you enroll in MetLife Dental.



Digital servicing capabilities make dental care easy

MetLife's mobile app¹ puts your ID card, plan details, and claim information at your fingertips. For added convenience, it also includes features like:

- A Find a Dentist tool with easy access to provider ratings
- Convenient claim status notifications via text messaging

Our digital tools available on MyBenefits also include:

- **Access to a Dental Cost Estimator²** so you can view personalized, plan-specific, and zip code-based cost estimates for most common procedures – as well as the deductibles, plan maximums, and frequency limitations that apply.
- **A digital virtual assistant** that's available 24/7 to help you with common tasks like accessing coverage information, getting personalized estimates, or viewing claims.



MetLife SpotLite on Oral Health^{SM 6}

MetLife SpotLite on Oral HealthSM is a recognition awarded to dentists for a focus on preventive oral care and improved oral health outcomes. Look for the MetLife SpotLite badge when selecting a dentist through the Find a Dentist tool on MyBenefits.



Teledentistry³ options offer added convenience

MetLife's partnership with Virtual Dental Care helps to connect members with a licensed dentist through a video call, to help address urgent dental situations at home.



TakeAlongSM Dental provides a lifelong, individual dental plan that employees can take with them

With MetLife TakeAlong Dental, employees that are no longer eligible under the group plan can continue to have access to exceptional dental care—including the same high-quality network and servicing experience. All with no administrative work or additional cost for you.

With our industry-leading, portable dental solution employees can choose from a variety of individual dental programs to meet their unique needs, including PPO, DHMO, and Discount Plans.



Dental benefits go with you as you travel

Our International Dental Travel Assistance program⁴ provides international assistance tied to your out-of-network benefits, including:

- 24/7 help in multiple languages
- Access to dental providers (based on strict credentialing criteria) in approximately 200 countries
- Toll-free calling within the U.S., or collect calling outside the U.S.



Multi-language health history forms enhance communications

Our health history forms, which are available in nearly 40 languages, are designed to help dentists better communicate with non-English speaking patients.



An Oral Health Library⁵ provides the information you need

MetLife's Oral Health Library—oralfitnesslibrary.com—offers unlimited online access to articles and videos on a wide range of helpful dental-related topics.

For more information or support with getting started, contact your benefits administrator.

1. To use the MetLife mobile app, employees can choose to register at metlife.com/mybenefits from a computer or directly through the app. Certain features of the MetLife Mobile App are not available for all MetLife Dental Plans.
2. The Dental Procedure Fee Tool or Dental Cost Estimator application is provided by an independent vendor. This tool does not provide the payment information used by MetLife when processing your claims. Prior to receiving services, pretreatment estimates through your dentist will provide the most accurate fee and payment information.
3. Dental benefits are provided by Metropolitan Life Insurance Company (MetLife). Virtual dental services are provided by Teledentistry Network, Inc. (TNI). Dental.com (Website) is developed, provided, and maintained by TNI and not MetLife. Use of the Website is subject to all the terms and conditions stated therein. TNI is not affiliated with MetLife or its affiliates.
4. AXA Assistance USA, Inc. provides dental referral services only. AXA Assistance is not affiliated with MetLife, and the services and benefits they provide are separate and apart from the insurance or services provided by MetLife. Referral services are not available in all locations.
5. All information provided on this website ("Website") is intended for your general knowledge only and is not a substitute for obtaining medical or dental advice for specific medical or dental conditions or other advice from your dentists or doctors. By making this Website available to you, Metropolitan Life Insurance Company and its affiliates (collectively, "MetLife") is not engaged in rendering any such advice. Use of this Website is subject to all the terms stated herein. The Website is developed, provided and maintained by an independent vendor, not by MetLife. Insofar as the information provided on this Website is from third parties or links to third party websites, it has no association whatsoever with MetLife, unless expressly stated.
6. MetLife's SpotLite on Oral HealthSM is a special designation intended to identify certain PDP providers who have demonstrated a focus on improved health outcomes and have met qualifying criteria. This designation may be used by plan participants to find providers that better align with their healthcare needs. MetLife is not endorsing or otherwise recommending the use of a particular PDP provider.

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. 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. Ask your MetLife representative for costs and complete details.

Dental benefits are provided by Metropolitan Life Insurance Company (MetLife) or an affiliate of MetLife. Certain administrative services are provided by Careington BenefitSolutions, Frisco, TX (Careington). Careington is not affiliated with MetLife or its affiliates. Like most benefits 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.

Group dental insurance plans featuring the Preferred Dentist Program are provided by Metropolitan Life Insurance Company, New York, NY 10166.