



Dental Care Checkup

How many boxes can you check?

It's not the same as a dental checkup but check out our dental checklist to see how well you're doing with dental care.



I brushed my teeth for at least 2 minutes this morning.



The experts at the American Dental Association recommend a 2x2 approach. Brush your teeth for two minutes twice a day.¹



I flossed yesterday.



Flossing is essential for removing plaque from between teeth where brushes can't reach, which helps to prevent cavities and lowers the risk of gum disease. For more dental hygiene tips, visit www.OralFitnessLibrary.com.²



When I can, I choose an in-network dentist to optimize my savings.³



With MetLife Dental, you can visit any dentist you like and receive coverage under the plan. When you choose a dentist from MetLife's network of more than 535,000 providers nationwide⁴, your out-of-pocket costs will usually be lower.



For dental services like a filling or crown, I use MetLife's Dental Cost Estimator⁵ to find out what my out-of-pocket expenses will be.



Dentists participating in MetLife's network agree to accept negotiated fees that average 30%-45% below community average charges⁶, significantly reducing your out-of-pocket costs.



I keep my dental coverage details handy by using MetLife's online tools.






Access your ID card, check the status of a claim, and tap into a 24/7 digital virtual assistant for help. Download [MetLife's mobile app](#)⁷ on your phone and visit the MyBenefits site for plan-specific information.

To learn more, visit www.metlife.com/mybenefits

Questions? Call 1-800-GET-MET8



Discover the advantages of MetLife Dental

-  **In-network discounts on covered services apply even after you have reached your plan's annual maximum, reducing your out-of-pocket expense**
-  **Visit any dentist you like and receive coverage under the plan. Your out-of-pocket expense will usually be lower if your dentist is a participating network dentist**
-  **Unlimited online access to [MetLife's Oral Health Library](#), full of articles and videos on helpful dental-related topics.**

To learn more, visit www.metlife.com/mybenefits
Questions? Call 1-800-GET-MET8

¹ American Dental Association. "Brushing Your Teeth", <http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>. Accessed 07/27/2022.

² This information 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 information available to you, Metropolitan Life Insurance Company and its affiliates (collectively, "MetLife") is not engaged in rendering any such advice. Insofar as the information provided is from third parties, it has no association whatsoever with MetLife, unless expressly stated.

³ Savings from enrolling in a dental benefits plan featuring the MetLife Preferred Dentist Program will depend on various factors, including the cost of the plan, how often participants visit a dentist and the cost of services rendered.

⁴ Based on MetLife data as of January 2022.

⁵ The Dental Procedure Fee Tool 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.

⁶ Based on MetLife data. Negotiated fees refer to the fees that in-network dentists have agreed to accept as payment in full for covered services, subject to any copayments, deductibles, cost sharing and benefits maximums. Negotiated fees are subject to change.

⁷ 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 MetLife Dental Plans.

⁸ Subject to frequency limitations.

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.