

Find a Dental PPO Provider

With MetLife Dental insurance, you can choose from thousands of general dentists and specialists nationwide. You can find the names, addresses, languages spoken and phone numbers of participating dentists by searching our online **Find a Dentist** directory.



Step 1:
Go to metlife.com
Under Solutions
select Dental



Step 2:
Select "Find a
Dentist"



Step 3:
Select "PDP Plus"
Enter your Zip code and
select the "Find" button.

How can we help?

Log in to manage your MetLife account or to access claim forms and additional resources.


Find a Dentist


Online Claim Form


Get the App

Find a Dentist

Our network of dentists and specialists offers the choices you need. To receive in-network benefits, services must be performed at a provider's address below.

[Need help finding your network?](#)

[Use Current Location](#)

Find

What's New?



**MetLife SpotLite
on Oral Health™**

Finding the right dentist is important, **MetLife SpotLite on Oral Health™** 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.**

