

Make the most of your dental benefits with MetLife's digital tools

Let's face it, going to the dentist doesn't make most people's "favorite things to do" list. But **MetLife's digital capabilities** can help make your next dental visit easier.

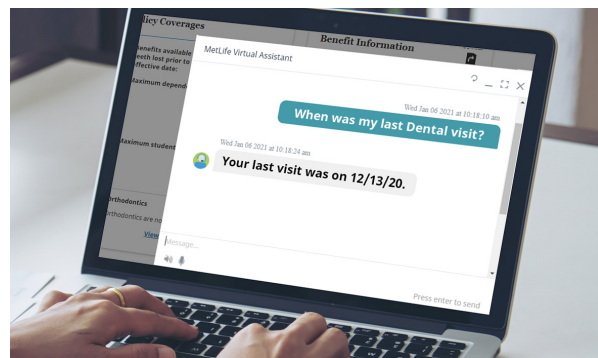


Now, you can find a dentist, schedule an appointment, review your coverage, and estimate future dental costs online—right from your smartphone, tablet, or desktop computer.

Meet your virtual dental assistants

MetLife's virtual dental assistant is a digital tool that makes accessing and using your MetLife PPO Dental benefits simple. Just log in to MyBenefits. The virtual assistant is available 24/7, ready to assist with common dental-related queries, such as:

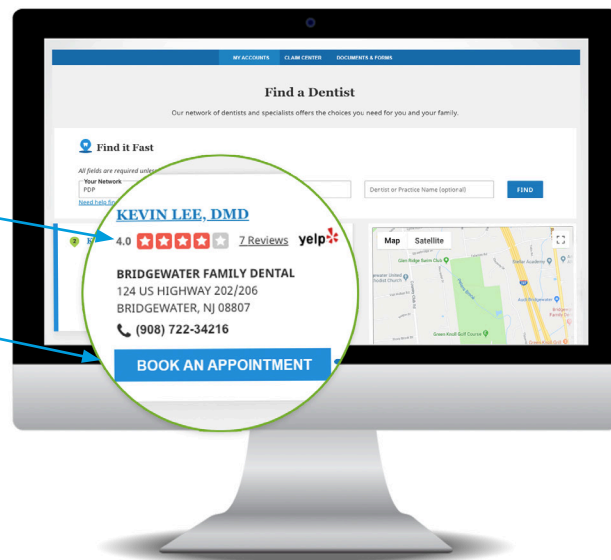
- Reviewing your coverage information
- Getting personalized estimates
- Viewing your claims



Find a dentist

Choosing a dentist is a big decision. That's why our "Find a Dentist" tool provides more than a list of nearby providers in MetLife's network of dentists.

- **Provider ratings and reviews:** The tool integrates with Yelp so you see each provider's ratings and can click through to read patient reviews.
- **Schedule an appointment:** For participating providers, you may also have the option to book an appointment online. Log in to the "Find a Dentist" tool via MyBenefits or the mobile app and look for the "Book an Appointment" option next to a provider's name. Simply click to transfer to the provider's page to check availability and schedule an appointment.



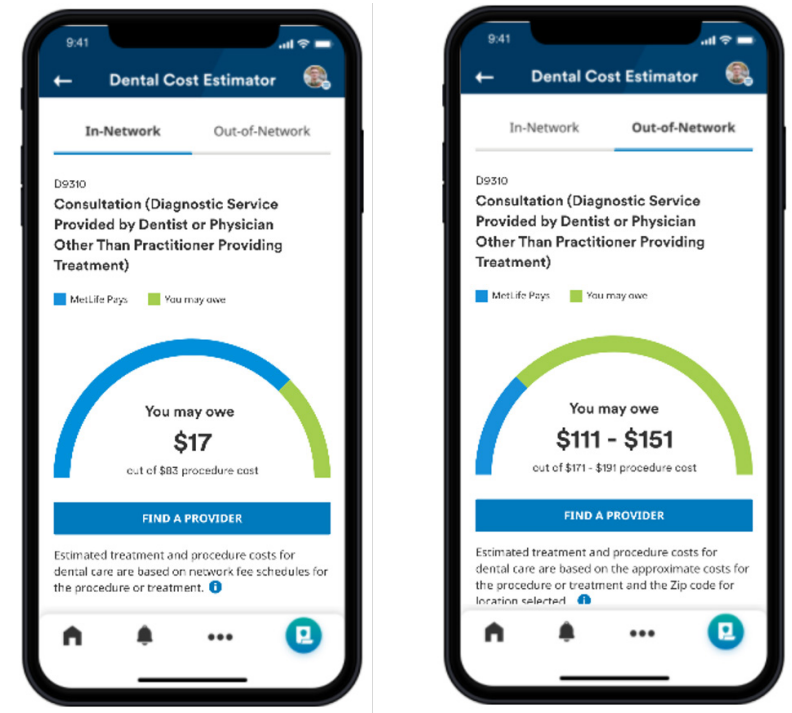
Estimate your costs

- With the Dental Cost Estimator¹ tool, 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. Log in to MyBenefits or the mobile app for:
- “In-network” and “out-of-network” estimates
- Applicable deductibles
- Plan maximums and frequency limits



Go digital with MetLife Dental.

Log in to MyBenefits via your desktop or download the MetLife mobile app² today.



1. The Dental Cost Estimator 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.

2. 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.

metlife.com

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 group representative for costs and complete details.

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

Insofar as the information provided is from third parties or links to third party websites, it has no association with MetLife, unless expressly stated.

The ratings and opinions expressed on Yelp are independently generated and do not represent the opinions of Metropolitan Life Insurance Company or its affiliates.



Metropolitan Life Insurance Company | 200 Park Avenue | New York, NY 10166

L0523031835[exp0425][All States][DC, GU, MP, PR, VI] © 2023 MetLife Services and Solutions, LLC