

Learn more about your MetLife benefits

MetLife benefits information right from your laptop



The MyBenefits website is a quick and easy way for you to get the information you need about your MetLife benefits — all in one place. Log in to [metlife.com/mybenefits](https://www.metlife.com/mybenefits) to see how we've taken personalization and integration to a new level.

Personalized homepage to all your MetLife benefits

Get more information on your MetLife benefits, where you can link to detailed coverage information and can perform tasks, such as:

Dental Plans — Easily find a participating dentist or view your benefits, copay or coinsurance amount, and claims online. Plus, you will have access to our extensive Oral Health Library¹ to research important dental topics.

Dental ID cards are available online for you to download and print at your convenience. Cards contain your name, association's name and group number. Also included are MetLife's claims submission address, website address, customer service telephone number and a service number for International Dental Travel Assistance.²

Vision Plans — Easily find an in-network or participating vision provider or view your benefits and claims online.

Vision ID cards are available online for you to download and print at your convenience. Cards contain your name, MetLife's claims submission address, website and customer service telephone number.

Did you know?

The MetLife Mobile App is available on the App Store and Google Play. Download the app and use it to find a participating provider, view your claims and to see your ID card.³

Additional MyBenefits features include:

- Planning tools that you can use to help you make informed decisions regarding your retirement, benefits coverage as well as other useful information for a variety of everyday topics.
- Forms and documents that you may need are located in the “Tools & Resources” area at the bottom of the MyBenefits home page for you to download.
- In the “News & Updates” section you’ll find information from MetLife and your association such as enrollment dates and new product offerings.
- Online claims tracking and email notifications called eAlerts, which will provide information regarding status changes to your claims for certain benefits.
- MetLife Virtual Assistant available on MyBenefits for Dental PPO members – a new click-to-chat feature offers quick help for dental related inquires and other common tasks such as viewing claims, personal coverage and obtaining personalized estimates.

metlife.com/mybenefits

Type: University of New Hampshire Student as your "Employer or Association"

1. 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 the Website available to you, Metropolitan Life Insurance Company and its affiliates (collectively, “MetLife”) is not engaged in rendering any such advice. Use of the Website is subject to all the terms stated therein. The Website is developed, provided and maintained by Verifpoint, an independent vendor. Insofar as the information provided on the Website is from third parties or links to third party websites, it has no association whatsoever with MetLife, unless expressly stated.

2. 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 provided by MetLife. Referral services are not available in all locations.

3. To use the MetLife mobile app, participants 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 plans.

Dental insurance and Vision insurance are underwritten by Metropolitan Life Insurance Company, New York, NY. Certain claims and network administration services for vision benefits are provided through: Davis Vision, Inc. (“Davis Vision”), a New York corporation; or Superior Vision Services, Inc. (“Superior Vision”), a Delaware corporation. Davis Vision and Superior Vision are part of the MetLife family of companies.

Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, waiting periods, reductions, limitations and terms for keeping them in force. Please contact MetLife or your plan administrator for complete details.