

Learn more about your MetLife benefits



The MetLife Mobile App is available on the App Store and Google Play. Download the app and use it to find a participating provider.

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 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:

Vision Plans — Easily find a vision provider or view your benefits and claims online. Plus, you will have access to our extensive Vision Health Library to research important vision topics.

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.

metlife.com/mybenefits

MetLife Vision benefits are underwritten by Metropolitan Life Insurance Company, New York, NY. Certain claims and network administration services are provided through Vision Service Plan (VSP), Rancho Cordova, CA. VSP is not affiliated with Metropolitan Life Insurance Company or its affiliates.

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.