MetLife | Dental Insurance



Dental care checkup

How many boxes can you check?

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

☐

I brushed my teeth for at least two 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. This 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 475,000 providers nationwide[4], your out-of-pocket costs will usually be lower.

☐

For dental services like a filling or crown, I use MetLife's Dental Cost Estimator[5] to determine my out-of-pocket expenses.

Dentists participating in MetLife's network agree to accept negotiated fees averaging 35%-50% below community average charges[6], significantly reducing 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] and visit the MyBenefits site for plan-specific information.

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

Questions? 1-800-GET-MET8 (1-800-438-6388)

Enroll Today!

MetLife

ADF# D2376.20

MetLife | Dental Insurance



Discover the advantages of MetLife Dental

- **No out-of-pocket costs for in-network cleanings, X-rays and exams.[8]**
- **In-network discounts on covered services apply even after you reach your plan's annual maximum, which reduces your out-of-pocket expense.**
- **Visit any dentist you like and receive coverage under the plan. Your out-of-pocket expense is usually lower if your dentist is a participating network dentist.**
- **Unlimited online access to MetLife's Oral Health Library, which is full of articles and videos on helpful dental-related topics[9].**

To learn more**, visit www.metlife.com/mybenefits**
Questions? 1-800-GET-MET8 (1-800-438-6388)

[1] American Dental Association, "Brushing Your Teeth," http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth. Accessed 07/27/2024.
[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 2024.
[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] Negotiated fees refer to the fees that in-network dentists have agreed to accept as payment in full for certain services, subject to any copayments, deductibles, cost sharing and benefits maximums. Negotiated fees are subject to change. Negotiated fees do not apply to non-covered services in states that prohibit limitations for services not covered under a plan. Participating providers in these states may charge their non-negotiated fees for non-covered services.
[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 all MetLife Dental Plans.
[8] Subject to frequency limitations.
[9] All information provided on this website (www.oralfitnesslibrary.com) 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 website available to you, Metropolitan Life Insurance Company and its affiliates (collectively, "MetLife") is not engaged in rendering any such advice. Use of this website is subject to all the terms stated herein. Insofar as the information provided on this website is from third parties or links to third party websites, it has no association whatsoever with MetLife, unless expressly stated.

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. You may be financially responsible for copayments, deductibles, or any other amounts in excess of those MetLife is required to pay for covered services as described in your dental certificate and/or policy. Ask your MetLife representative for costs and complete details.

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