

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 to see how we've taken personalization and integration to a new level.

Personalized homepage for all your MetLife benefits

Perform tasks, get links to detailed coverage and read further about your MetLife benefits and information, such as:

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

Vision ID cards – 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.

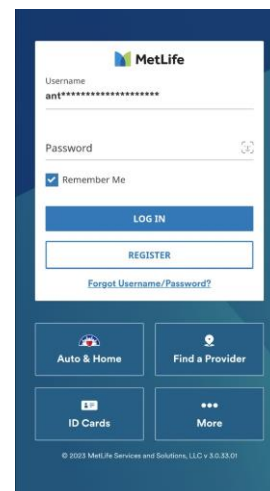
Additional MyBenefits features include:

- Planning tools to help you make informed decisions about your retirement, benefits coverage and other useful information on a variety of everyday topics.
- Important forms and documents are available to download in the "Tools & Resources" area at the bottom of the MyBenefits homepage.
- In the "News & Updates" section, you'll find information from MetLife and your employer, including enrollment dates and new product offerings.

metlife.com/mybenefits

Did you know?

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



It is easy to get the MetLife US Mobile app

Search "MetLife" in the App Store® or Google Play® and download the MetLife US Mobile App, or scan these QR codes.