

We're here to help you achieve greater well-being focusing on preventive oral health.



Your dental includes **two cleanings and exams per calendar year, which are free** when visiting an in-network dental provider. Your plan includes an **Incentive Provision Benefit that increases your annual maximum by \$250, capped at \$500**, for the following year when you complete two exams and cleanings within a plan year—giving you more to use toward future dental care. Clinical research shows that regular dental visits are important to maintaining your oral health—which is key to your overall health. To prioritize your health, take advantage of your dental plan benefit and schedule your visits today.

MetLife SpotLite on Oral HealthSM

We make it easy to help you find a dentist who focuses on prevention and positive health outcomes.

MetLife SpotLite on Oral HealthSM is a designation for general and pediatric dentists that recognizes their commitment to quality care and prevention. The SpotLite designation uses data-backed guidance to help you confidently **make informed decisions on your health journey.**

Learn more about SpotLite!

Finding these dentists is simple. Just look for the “SPOTLITE” badge on a dentist’s listing on the **Find a Dentist** tool.

**Get
started
today**

1. Visit **metlife.com** and select **Find a Dentist**.
2. Choose **PDP** and enter your ZIP code, city and state.
3. Select the **Find a Dentist** button.

We're here to help

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Call MetLife at 1-855-488-0522, Monday-Friday from 7 a.m.-10 p.m. CST, if you have questions about your dental benefits.

We look forward to helping you live healthier and happier with confidence.



* MetLife's SpotLite on Oral Health SM is a special designation intended to identify certain PDP providers who have demonstrated a focus on improved health outcomes and have met qualifying criteria. This designation may be used by plan participants to find providers that better align with their healthcare needs. MetLife is not endorsing or otherwise recommending the use of a particular PDP provider.

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 The MetLife SpotLite on Oral Health program recognizes general and pediatric dentists who through proprietary data analysis have shown an increased focus on preventive oral health.

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

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