More choices for a healthier smile
With MetLife Dental insurance, you have a network that gives you access to thousands of participating dentists. More choices mean it’s easier than ever to get the dental care you need for a happy, healthy smile.

More ways to save
You can choose to go to any dentist, but staying in-network is the best way to lower your costs¹ and make the most of your dental plan. That’s because participating dentists have agreed to accept fees that are usually 30-45% less than average charges in the same community.² This can mean more savings for you!

Find a dentist
International Dental Travel Assistance is automatically available to you and your covered dependents. To find a participating general dentist or specialist, visit metlife.com/dental to access our Find A Dentist online directory.

Manage your dental plan
When enrolled in MetLife Dental insurance, you may obtain your plan information online at metlife.com/mybenefits. At this site you can:
  • Review your plan information, such as covered services & procedures
  • View claim history
  • Access the Oral Health Library for educational articles on dental care

1. Savings from enrolling in a dental benefits plan will depend on various factors, including how often participants visit the dentists and the cost for services rendered.
2. Based on internal analysis by MetLife.