



Virtual Dental Care available 24/7 with your MetLife Dental PPO Plan

What is Teledentistry with Virtual Dental Care?

As part of your MetLife Dental PPO plan, you now have access to a **virtual dental network available 24/7** in the palm of your hand. MetLife has partnered with Virtual Dental Care to provide a network of virtual dentists available to see you when you are in pain or are unable to visit a dentist.

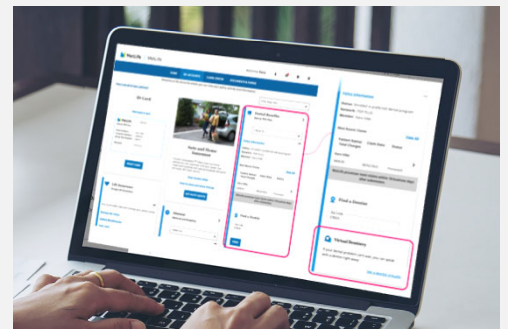
Through a video call, you will be able to connect with a licensed dentist, to help address urgent dental situations anywhere. Some examples of dental needs that can be addressed include:

- Visual consult or exam
- Prescriptions for antibiotics or pain
- Oral hygiene instruction
- Evaluation to prioritize care
- Referrals to in-network providers

How to access:

Be sure to gather dental history and jot down any questions or concerns you have for your provider prior to your visit.

1. Log in to your **MyBenefits** Account at online.metlife.com
On both the Accounts page and Find a Dentist page, you will find “Start Virtual Visit” link
2. Register or log in to your **Virtual Dental Care account**
3. Begin your call in a quiet, well-lit room



Information you'll need to get started:

- ✓ Your employee ID or SSN
- ✓ Date of birth
- ✓ Email and password needed for registration and login



Claim information

This benefit is available to you at little to no additional cost and will be processed as a claim for a problem-focused exam similar to when you visit an in-network dentist. After completing your virtual visit, Virtual Dental Care will submit a claim to MetLife. MetLife will process as a standard in-network claim.*

**Virtual dentist appointments count as a dental exam and are covered as an in-office visit. Coverage is subject to your plan and its frequency limitations.*

To learn more about teledentistry or your MetLife Dental PPO plan, please visit [metlife.com](https://www.metlife.com) or contact your benefits administrator.

Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, limitations, reductions, waiting periods and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details.

Group dental insurance policies featuring the Preferred Dentist Program are underwritten by Metropolitan Life Insurance Company, New York, NY 10166.

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