

Managing Your Oral Health is Easy with the MetLife Dental Health ManagerSM

Having a dental benefits plan can be an important part of good oral health, especially when the benefits are used effectively. As an enrolled member of the MetLife Preferred Dentist Program, you already have access to many features that help you receive the dental care you need. You now also have access to the MetLife Dental Health Manager!

The **MetLife Dental Health Manager** is accessible from the MyBenefits website at [metlife.com/mybenefits](https://www.metlife.com/mybenefits). This program provides you with the tools you need to make more informed choices about your oral health including:

- **A personal report card with scores that identify your risk level for oral disease and help you understand your current dental health status.**
- **Access to resources that are relevant to your specific oral health needs on MetLife's enhanced Oral Health Library.¹**
- **Ongoing report cards, so you can track your progress over time.**

How the program works

Once you're signed in to MyBenefits, click on the "oral health risk assessment" link to complete an easy Oral Health Risk Assessment questionnaire. Your answers will not be used for any reason other than to provide your personal report card which will be displayed within moments of completing the questionnaire. Plus, your report card will include an action plan and links to information that is relevant to your oral health needs — so you'll have all the tools you need to help improve your oral health and have informed discussions with your dentist.

Take the first step toward improving your oral health today!

To get started, sign in to the MyBenefits website at [metlife.com/mybenefits](https://www.metlife.com/mybenefits) and click on the "oral health risk assessment" link. If you are not registered with MyBenefits, simply follow the easy registration instructions.

1. All information provided on this website ("Website") 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 the Website available to you, Metropolitan Life Insurance Company and its affiliates (collectively, "MetLife") is not engaged in rendering any such advice. Use of the Website is subject to all the terms stated therein. The Website is developed, provided and maintained by Verifpoint, an independent vendor. Insofar as the information provided on the Website is from third parties or links to third party websites, it has no association whatsoever with MetLife, unless expressly stated.

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