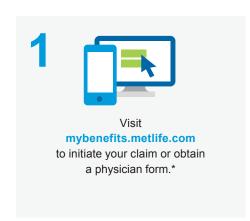


Submitting a claim is as simple as 1-2-3:



Answer some questions about your claim and attach your medical documentation to support your claim.

We can also accept a completed physician form to support your claim — the whole process takes just minutes!



What happens next

A MetLife claims specialist will review your information, request any additional medical information (if necessary), and notify you in writing of a claim decision.

Online claim submission is hassle-free!

You can register at www.mybenefits.metlife.com. See reverse for details.

Navigating life together

^{*}Note: Have physician complete and sign form.



Benefits of registering online:

- · Faster processing time
- · Less paper waste
- Claims can be submitted 7 days a week
- Submit questions via email

MyBenefits: quick and easy online claim submission

MyBenefits is the web portal for MetLife group participants. Once registered, you can log in to:

- · Submit a claim
- · See claim status, history, and payments
- · Set up direct deposit of benefits
- · Read messages from MetLife
- · Download accident and health forms

You can register at www.mybenefits.metlife.com

MetLife Mobile App

You can also access claim information on-the-go. Our mobile app has many of the same features as the MyBenefits web portal — employees can view and edit details for claims and absences.





Download the MetLife app from the iTunes App Store or Google Play

Before using the MetLife US App, you must register at www.metlife.com/mybenefits from a computer. Registration cannot be done from your mobile device.

