



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

1



Visit
mybenefits.metlife.com
to initiate your claim or obtain
a physician form.*

2



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!

3



Visit MyBenefits frequently
to check claim status, letters
and benefit payments.

*Note: Have physician complete and sign form.

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.



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.