

## Find a Dental Provider

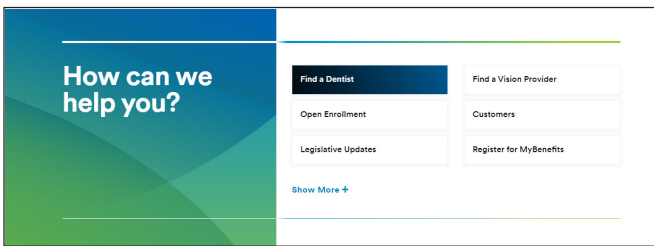
With MetLife Dental insurance, you can choose from thousands of general dentists and specialists nationwide. You can find the names, addresses, languages spoken and phone numbers of participating dentists by searching our online **Find a Dentist** directory.

### Step 1

Go to [metlife.com](https://www.metlife.com).

### Step 2

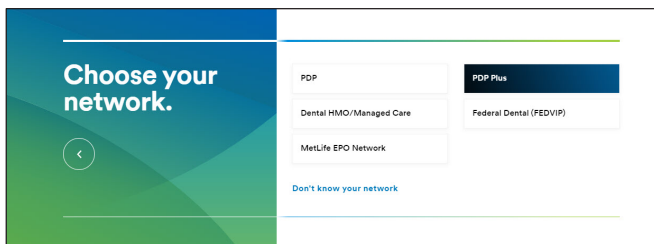
Select **Find a Dentist** next to **How can we help you?**



### Step 3

Select **PDP Plus** next to **Choose your network.**

Enter your zip, city or state and select the **Find a Dentist** button.



## Find a Vision Provider

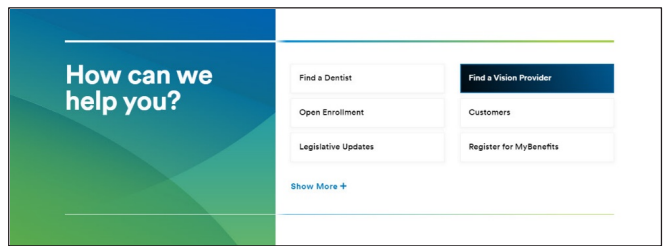
With MetLife Vision, you can choose from thousands of ophthalmologists, optometrists and opticians at private practices or at popular retail locations like Costco® Optical, Visionworks and more. You can find the names, addresses and phone numbers of providers by searching our online **Find a Vision Provider** directory.

### Step 1

Go to [metlife.com](https://www.metlife.com).

### Step 2

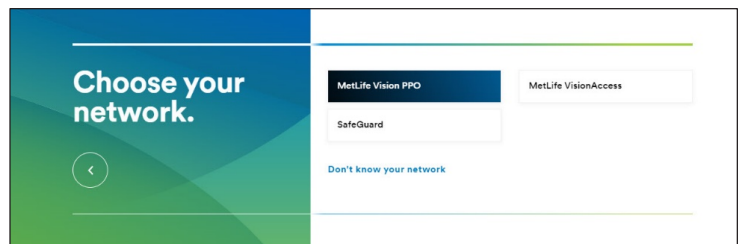
Select **Find a Vision Provider** next to **How can we help you?**



### Step 3

Select **MetLife Vision PPO** next to **Choose your network.**

Enter your zip, city or state and select the **Find a Vision Provider** button.



Benefits are underwritten by Metropolitan Life Insurance Company, New York, NY. Certain claim and network administration services are provided through Vision Service Plan.

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