





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

**1**




Visit  
[mybenefits.metlife.com](http://mybenefits.metlife.com)  
to obtain physician form.\*

**2**



Answer some questions about the claim and attach completed physician form — 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. The claim cannot be processed without the physician form completed.

**What happens next**

A MetLife claims specialist will review your information, request any additional medical information from your doctor (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](http://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](http://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](http://www.metlife.com/mybenefits) from a computer. Registration cannot be done from your mobile device.