




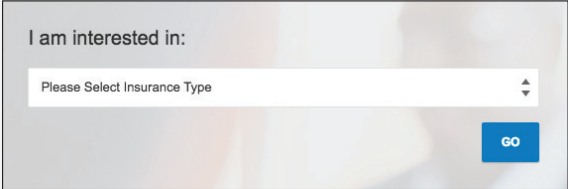
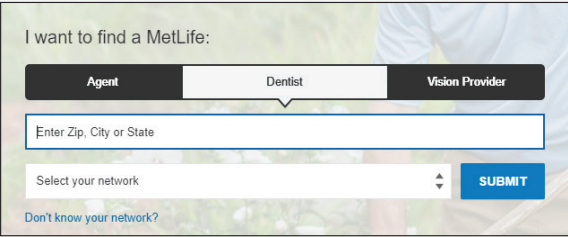
# Find a dental provider

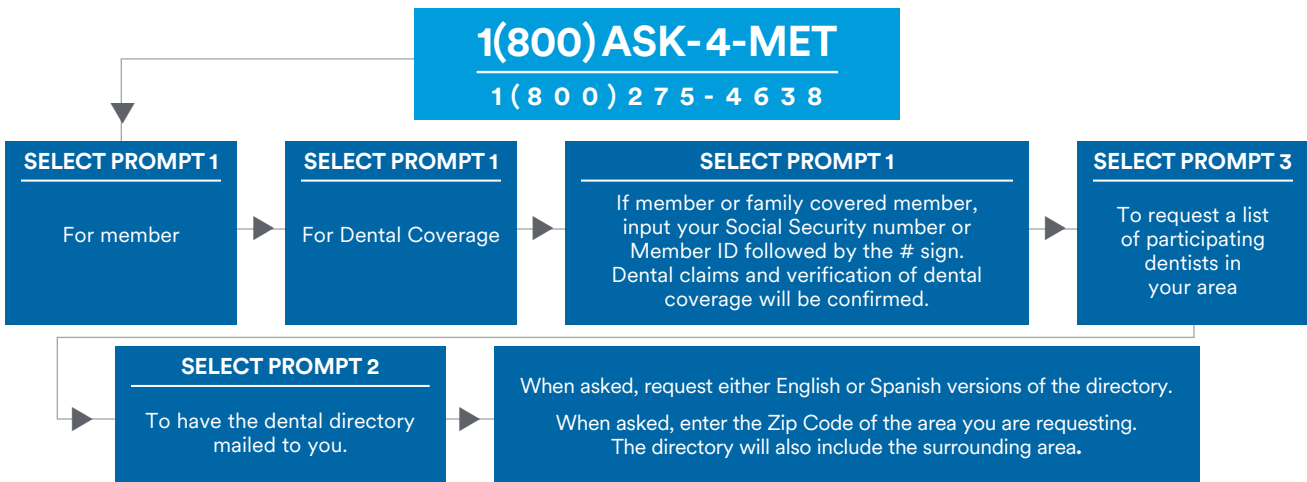
With MetLife Dental insurance, you can choose from thousands of general dentists and specialists nationwide. You can find the names, addresses, languages spoken and phone numbers of participating dentists by searching our online **Find a Dentist** directory or by calling 1-800-ASK-4-MET (1-800-275-4638). Follow these step-by-step instructions for each:

 **Step 1:**  
Go to [metlife.com](https://www.metlife.com)

 **Step 2:**  
**Select "I want to find a MetLife:"**  
Click "Dentist", enter your ZIP Code, and select your network "PDP Plus".

 **Step 3:**  
**Advanced Search**  
Use the Advanced Search option to locate a dentist by name, language spoken, specialty or gender.



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

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.

Metropolitan Life Insurance Company | 200 Park Avenue | New York, NY 10166

L0322020968[exp0523][MI] © 2022 MetLife Services and Solutions, LLC.

In collaboration with

