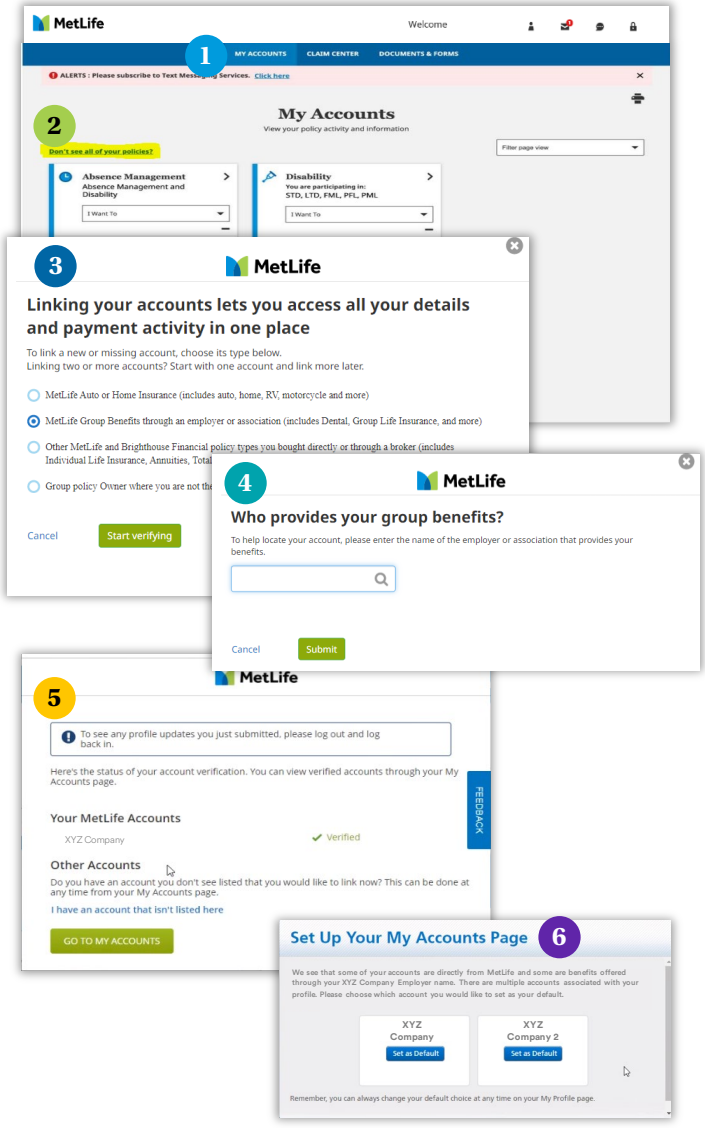
MetLife

Don't see all your policies on MyBenefits? Here's how to find them and link them to your account.

The MyBenefits website, **mybenefits.metlife.com**, is a quick and easy way for you to access the information you need about your coverage — all in one place. However, what do you do if all your policies don't show up?

We're here to help! Once you're registered on MyBenefits, you can link your missing accounts. Just follow the simple steps below!

1. Log in to MyBenefits. Or, if this is your first time visiting the site, create an account by following the registration process. Once logged in, go to the **My Accounts** tab.
2. Click the **Don't See All Your Policies** link.
3. A page will appear that says **Linking your accounts lets you access all your details and payment activity in one place**. Select the correct option for your situation. For this scenario, we chose **MetLife Group Benefits through an employer or association (includes Dental, Group Life Insurance, and more)**. After you make your selection, click **Start verifying**.
4. The next screen will ask who provides your group benefits. Type in your employer or association that provides your benefits. Then click **Submit**.
5. The next screen will confirm that the additional account has been added to your MyBenefits profile. Please note, you'll need to log out of MyBenefits and then log back in to complete the update. You may need to log out and back in a few times for it to completely update. When it's done updating, the additional account will show up on your profile.
6. Once the update is complete, you'll need to set up your accounts by choosing a customer as the default account you want to see when logging in. You can change the default account at any time through your profile menu.



Having trouble online?

You can reach us at 1-866-363-8669.
We're available Monday through Friday, from 8:00 a.m. to 11:00 p.m. Eastern Time.

visit mybenefits.metlife.com

Like most group insurance policies, MetLife group policies contain certain exclusions, waiting periods, reductions, limitations and terms for keeping them in force. Please contact MetLife or your plan administrator for complete details.

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