

Find a Dental PPO Provider.

With MetLife Dental Insurance, you can choose from thousands of general dentists and specialists nationwide.



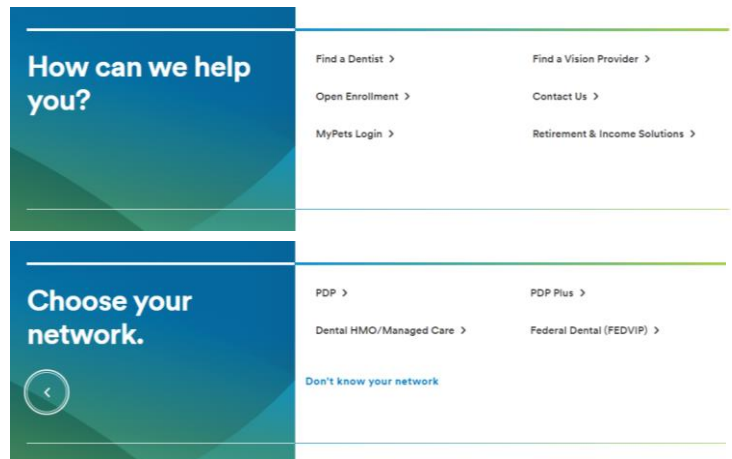
Step 1: Go to [metlife.com](https://www.metlife.com).



Step 2: Select “Find a Dentist” next to “How can we help you?”



Step 3: Select “PDP Plus” or “Dental HMO/Managed Care” next to “Choose your network.” Enter your ZIP, city, or state and select the “Find a Dentist” button.



What's New?



**MetLife SpotLite
on Oral HealthSM**

Finding the right dentist is important. **MetLife SpotLite on Oral HealthSM** is a recognition awarded to dentists for a focus on preventive oral care and improved oral health outcomes. **Look for the MetLife SpotLite badge when selecting a dentist.**



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.