

METLIFE – FIND A DOCTOR

To search or verify your providers are in the MetLife dental or vision network follow the below instructions.

Dental

1. Visit [Metlife.com](https://www.metlife.com)
2. Choose “Find a Dentist”
3. Select :PDP Plus”
4. Enter zip, city or state and follow the prompts to narrow down the search

OR

- Call Customer Service at [\(800\) 942-0854](tel:8009420854)

Vision

1. Visit [metlife.com/vision](https://www.metlife.com/vision)
2. Choose “Find a Vision Provider”
3. Enter zip, city or state and follow the prompts to narrow down the search

OR

- Call Customer Service at [\(855\) 638-3931](tel:8556383931)

