MetLife Dental - How to Find a Dentist

For detailed plan documents please visit www.sdmea.org, and click on the "Benefits" button. You can also contact MEA's Benefit Department at 888 217-9175 or email to benefts@sdmea.org.

Dental HMO

- Low premiums and set co-pays.
- Lower out–of-pocket costs on more than 400 procedures including coverage for implants.
- Broad network of participating dentists and specialists. ⬚ Commitment to your oral health with many preventative procedures at no cost.
- Hassle-free benefits with no deductibles or claim forms.

To find out if your current dentist is a part of the MetLife HMO network:

1. Go to www.metlife.com.
2. On the right hand side, please click on the "Find a Dentist" button.
3. Select "Managed Dental Plan (Dental HMO)", enter your zip and click "Go".
4. On the next page you will need to enter the plan name. Our plan is MET100.
5. You can also look for a specific dentist or just click "Search".

Dental PPO
- Freedom of choice to go to any dentist, and MetLife pays a much higher amount to out-of network dentists (MetLife pays at the 90th percentile).
- Additional savings when visiting an in-network dentist.
- No drop down coverage for composite (white) fillings in the back teeth.
- Quick claims turnaround and online tracking of claims.

To find out if your dentist is a part of the MetLife PPO network:
1. Go to www.metlife.com.
2. On the right hand side, please click on the "Find a Dentist" button.
3. Select "PDP Plus", enter your zip and click "Go".
4. You will be taken to a page that will include dentists that are near the zip you entered. You can scroll down and do a more advanced search.