

Find a Dental HMO Provider

A Health Maintenance Organization (HMO) is a type of insurance plan that works with a contracted network of providers. When you enroll in a Dental HMO plan, you select a primary provider for your dental care. If you need to see a specialist, your primary dentist will provide a referral. It is important that you select a dentist and enter their facility ID when you enroll. Without an assigned facility, you will not be able to obtain services.



Step 1:

Go to metlife.com

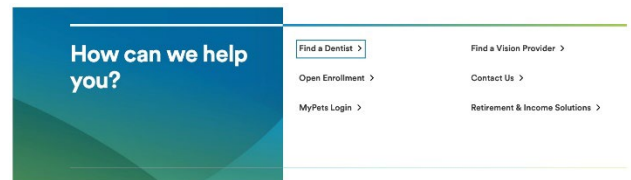
On your tablet, phone or computer, open your web browser and go to metlife.com.



Step 2:

Click "Find a Dentist"

Scroll down past the image on the top of the page to where it says, "How can we help you?" Once here, click on "Find a Dentist".



Step 3:

Choose your dental network

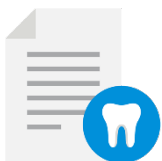
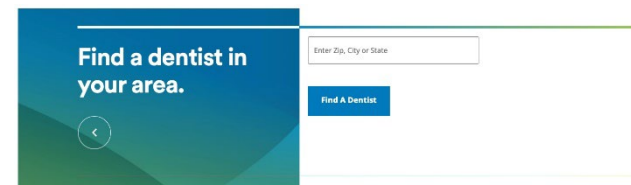
Click on "Dental HMO/Managed Care".



Step 4:

Provide your zip code

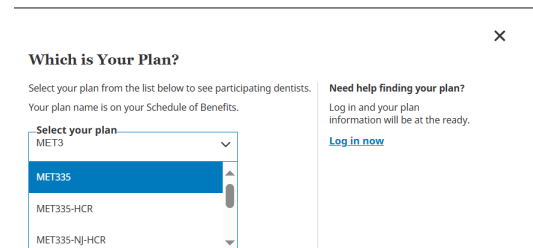
Type in your zip code, city or state in the field provided. Then click the "Find a Dentist" button.



Step 5:

From the drop down, choose Met355 and find a dental provider in your area

Select your plan from the drop-down list and click the "Go" button.

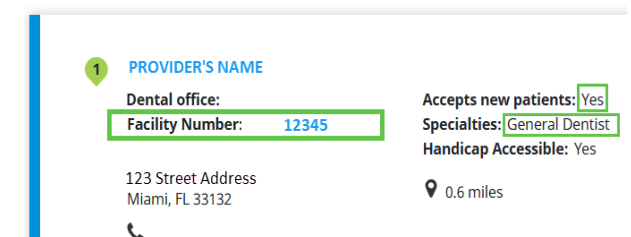


Step 6:

Locate the five digit "Facility Number"

In order to receive services, select a "Facility Number" for a "General Dentist". To see a specialist, the dentist will provide a referral. The deadline to select a facility is the **15th of the month** to appear on the next month's roster.

*You may change or update your facility by logging into your MyBenefits account.



Dental Managed Care Plan benefits are provided by Metropolitan Life Insurance Company, a New York corporation in NY. Dental HMO plan benefits are provided by: SafeGuard Health Plans, Inc., a California corporation in CA; SafeGuard Health Plans, Inc., a Florida corporation in FL; SafeGuard Health Plans, Inc., a Texas corporation in TX; and MetLife Health Plans, Inc., a Delaware corporation and Metropolitan Life Insurance Company, a New York corporation in NJ. The Dental HMO/Managed Care companies are part of the MetLife family of companies.

“DHMO” is used to refer to product designs that may differ by state of residence of the enrollee, including but not limited to: “Specialized Health Care Service Plans” in California; “Prepaid Limited Health Service Organizations” as described in Chapter 636 of the Florida statutes in Florida; “Single Service Health Maintenance Organizations” in Texas; and “Dental Plan Organizations” as described in the Dental Plan Organization Act in New Jersey.

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.