

Discover your Health Screening Benefits

Health screenings are an important part of managing your health.



That's why your Critical Illness Insurance coverage from MetLife provides a Health Screening Benefit¹ (HSB) for covered screenings and tests. Now, everyone who's enrolled—you, your spouse, and dependent children²—can earn a benefit just for taking care of his or her health.



At least 42% of newly diagnosed cancers in colorectal cancer deaths in the U.S. could be prevented with recommended screenings.³



For women in their 40s and 50s, **annual mammogram screenings decrease breast cancer deaths.**⁴



Examples of covered screening and prevention tests may include **a blood test to determine total cholesterol, a blood test to determine triglycerides, an endoscopy**, or a colonoscopy. For a complete list of what's covered, please see a copy of your certificate.

Here's an example of how it works.

*Susan's doctor conducts a blood test to determine total cholesterol, which is one of the many screenings or tests covered by MetLife. Afterward, Susan contacts MetLife by calling 1-800-GET-MET8 to submit her HSB claim. All Susan needs to provide is her physician's name, phone number and address, plus the test and the date it was completed. A check for Susan's HSB benefit payment is on the way within a few business days once her claim is processed. It's that easy!**

*This is an example for illustrative purposes only.

How to get paid for staying well

1. **Complete a covered test, such as:**
 - Routine health, dental, or vision checkup
 - Electrocardiogram (EKG)
 - Chest x-rays
2. **Confirm your screening online**
Visit [mybenefits.metlife.com](https://www.metlife.com/mybenefits) to easily file your claim.
3. **Get your cash benefit payment**
You can use it on anything to make you feel better—anything!

You can submit claims for your spouse and/or dependent children. No hard copy proof is ever required! Please refer to your certificate of coverage for details on the health screening benefit and which tests are applicable based on your coverage.

Add claiming your MetLife Health Screening Benefit to your annual good health to-do list.

For complete details, including covered screenings and tests, please see your insurance coverage certificate on the **MyBenefits** portal at www.metlife.com/mybenefits, or the MetLife Mobile App.

Questions? Call MetLife Customer Support.
1-800-GET-MET8 (1-800-438-6388)

1. The Health Screening Benefit may not be available in all states.
2. Dependent Child coverage varies by state. Please contact MetLife for more information.
3. American Cancer Society. Cancer Facts & Figures 2022.
4. Mayo Clinic. Mammogram Guidelines: What Are They? Sandhya Pruthi, M.D. May 23, 2023. <http://www.mayoclinic.org/tests-procedures/mammogram/expert-answers/mammogram-guidelines/faq-20057759>.

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