Checking your benefits just got easier

MetLife's mobile app puts convenience in the palm of your hands. You can quickly access and manage your benefit information — anytime, anywhere.

Step #1- Download the App
Search "MetLife US App" on the iTunes Store® or Google Play® and download the MetLife US Mobile App, or scan these QR codes.

Step #2- Follow the prompts on the screen to begin the set-up and register your account

IMPORTANT- The group name is SynchronyHR

Dental Insurance 1

- Find a dentist
- Plan based cost estimator for dental procedures
- View your Plan Summary
- View your claims
- Book an appointment
- Provider reviews and ratings
- Track your brushing and flossing
- View and save ID card

Vision Insurance

- Find a provider

Disability Insurance

- View and update claim information
- Set up direct deposit for benefit payments

Accident & Health

- View coverage details
- Submit claims
- View claim status
- Upload documents

Plus, view your current coverage for Critical Illness Insurance

Navigating life together

[1. Certain features of the MetLife mobile app are not available for some MetLife dental plans.]