

# How to Submit a MetLife Accident and Health Claim



Submitting an accident and health claim doesn't have to be challenging. Below you'll find the information and tools employees need to make the process as smooth as possible.

## How to Submit a Claim Online


Submitting an accident and health claim is as simple as 1-2-3:

**1**




Visit  
**mybenefits.metlife.com**  
to obtain physician form.\*  
(Or call 866-626-3705)

**2**



Answer some questions about the claim and attach completed physician form – the whole process takes just minutes!

**3**



Visit MyBenefits frequently to check claim status, letters and benefit payments.

\*Note: Have physician complete and sign form. The claim cannot be processed without the physician form completed.

## What Happens Next

A MetLife claims specialist will review your information, request any additional medical information from your doctor (if necessary), and notify you in writing of a claim decision.

**Online claim submission is hassle-free!**  
**Employees can register at [mybenefits.metlife.com](https://mybenefits.metlife.com)**  
**See reverse for details.**

**MetLife**

# MyBenefits: Quick and Easy Online Claim Submission



MyBenefits is the Employee Web Portal for MetLife group participants. Once registered, employees can log in to:

- Submit a claim
- See claim status, history, and payments
- Set up direct deposit of benefits
- Read messages from MetLife
- Download Accident and Health forms

**Employees can register at**  
<http://mybenefits.metlife.com>

## MetLife Mobile App

Employees can also access claim information on-the-go. Our mobile app has many of the same features as the MyBenefits web portal—employees can view and edit details for claims and absences.



[Download the MetLife app from the iTunes App Store or Google Play](#)

Before using the MetLife US App, you must register at [www.metlife.com/mybenefits](http://www.metlife.com/mybenefits) from a computer. Registration cannot be done from your mobile device.

## Benefits of registering online:

- Faster processing time
- Less paper waste
- Claims can be submitted 7 days a week
- Submit questions via email

**MetLife**

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