

Find a MetLife Dental PPO provider.

With MetLife Dental Insurance, you can choose from thousands of general dentists and specialists nationwide.



You can find the names, addresses, languages spoken, and phone numbers of participating dentists by searching our online **Find a Dentist** directory.

Step 1: Visit metlife.com – under **Solutions**, select **Dental**.

How can we help?

Log in to manage your MetLife account or to access claim forms and additional resources.


Find a Dentist


Online Claim Form


Get the App

Step 2: Select **Find a Dentist**.

Find a Dentist

Step 3: Select **PDP Plus**. Enter your ZIP code and click the **Find** button.

Our network of dentists and specialists offers the choices you need. To receive in-network benefits, services must be performed at a provider's address below.

[Need help finding your network?](#)
[Use Current Location](#)

Find



MetLife SpotLite on Oral HealthSM

Finding the right dentist is important. **MetLife SpotLite on Oral HealthSM** is a recognition awarded to dentists for a focus on preventive oral care and improved oral health outcomes. **Look for the MetLife SpotLite badge when selecting a dentist.**



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.