

# Find A Dental Provider

## Network –

- Dental - PDP Plus Network



**Step 1:**  
Go to [metlife.com](https://www.metlife.com)



**Step 2:**  
Select "I want to  
find a MetLife:"

Click "Dentist" and enter  
your ZIP Code, and select  
your network.



**Step 3:**  
Advanced Search

Use the Advanced Search  
option to locate a dentist  
by name, language spoken,  
specialty or gender.

### How can we help you?

Find a Dentist

Open Enrollment

Legislative Updates

Show More +

Find a Vision Provider

Customers

Register for MyBenefits

### Choose your network.

PDP

Dental HMO/Managed Care

MetLife FPD Network

PDP Plus

Federal Dental (FEDVIP)

Don't know your network

# Find A Vision Provider

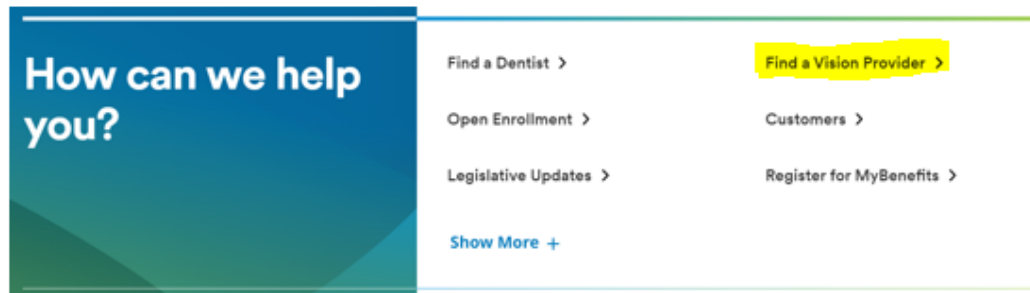
## Network –

- Vision – VSP Choice

## Here's how to search:

### Step 1

Visit metlife.com, scroll to the “How can we help you” section and click “Find a Vision Provider”.



### Step 2

Select “VSP Choice” as the network.

