

# Discover your Health Screening Benefits

Health screenings are an important part of managing your health. That's why your Accident insurance coverage from MetLife provides a Health Screening Benefit<sup>1</sup> (HSB) for covered screenings and tests. Now, everyone who's enrolled — you, your spouse, and dependent children — can earn a benefit just for taking care of their health.



Examples of covered screening and prevention tests may include **physical exam, complete blood count (CBC) and chest x-rays**. 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 physical exam, which is one of the 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 exam and the date it was completed. A check for Susan's HSB benefit payment is on the way within a few business days once your claim is processed. It's that easy!

### Claiming your Health Screening Benefit is as simple as 1-2-3.

1. **Call 1-800-GET-MET8.** (800-438-6388)
2. **Provide a few details**, including:
  - The healthcare provider's name, address, and phone number
  - The screening/test and the date it was completed
  - Address where the test/screening was performed
3. **Receive your HSB payment.** (Checks are typically issued within a few business days once your claim has been processed)

You can submit multiple claims for your spouse or dependent children, all on one call.

You may also file your Health Screening Benefit online through the MyBenefits portal at [www.metlife.com/mybenefits](http://www.metlife.com/mybenefits), through the MetLife Mobile App, or by mail with a paper claim form.

**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](http://www.metlife.com/mybenefits), or the MetLife Mobile App.

1. The Health Screening Benefit is not available in all states. Covered screening measures vary by state. See your insurance certificate for details, including any applicable waiting periods.
2. Fight Colorectal Cancer. Facts and Stats. Page last updated 2019. <https://fightcolorectalcancer.org/prevent/about-colorectal-cancer/facts-stats/>
3. Mayo Clinic. Test and Procedures: Mammogram. Sandhya Pruthi, M.D. <http://www.mayoclinic.org/tests-procedures/mammogram/expert-answers/mammogram-guidelines/faq-20057759>.

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