

Your benefits, at your finger tips

Our myMetLife App gives you quick and convenient access to manage your policy and benefits on the go.

Enjoy features such as being able to track your health metrics, submit claims or find a healthcare provider.



myMetLife is exclusive for your employees and offers the following features:



Submit and check claims

Simple claims submission, electronic fund transfer and secure payment for claims

Monitor and review claims status



Find forms or documents

Easy to find downloadable forms and certificates all in one place



Locate medical providers

Find your nearest medical provider, from your mobile device, on the go



Access exclusive wellness and financial content

Our articles will inspire and guide you to keep you on track for better health and financial success



Health tracking tool

Use the myMetLife App to track your health metrics and keep your lifestyle in balance



Policy management

View your policies, make payments and update personal details

Access to all of your benefits information



Live chat when you need it

Resolve your needs and requirements instantly



Secure access to policy and benefits information

Convenient digital access to your information that is also secure



Access to your personal digitized health card anytime

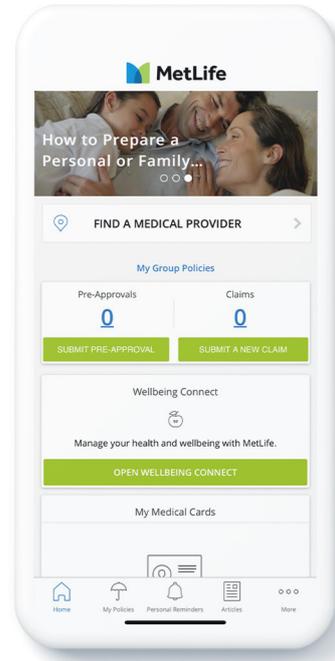
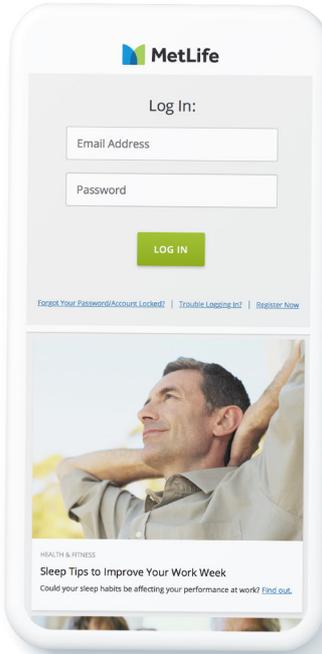
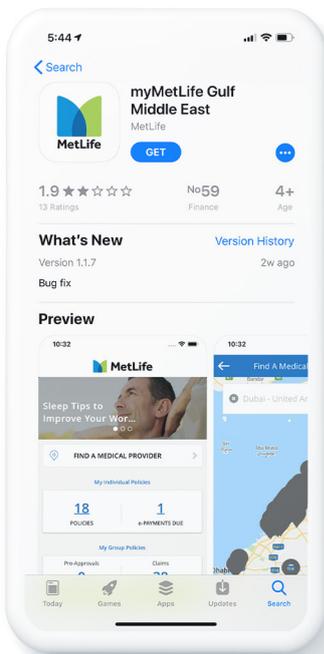
Simply show your digital health card when going for care

Access myMetLife today

myMetLife is available online, through your browser at www.mymetlife.net and available via the App Store or Google Play Store.

Once we issue your **MetLife** policy you'll get an email with a username and temporary password.

Click the link to log-in and access **myMetLife** to manage your policy anytime, anywhere.



For more information, contact us at [800-638-5433](tel:800-638-5433)

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Founded in 1868, MetLife has operations in more than 40 countries and holds leading market positions in the United States, Japan, Latin America, Asia, Europe and the Middle East. For more information, visit www.metlife.com.

MetLife is a pioneer of life insurance with a presence of nearly 65 years in the Gulf. Through its branches and distribution partners, MetLife offers life, accident and health insurance along with retirement and savings products to individuals and corporations.

For more information, visit www.metlife-gulf.com.

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Navigating life together