How to register on MyBenefits

MyBenefits provides you with a personalized, integrated and secure view of your MetLife-delivered benefits. You can take advantage of a number of self-service capabilities as well as a wealth of easy to access information. As a first time user, you will need to register on MyBenefits, by following the steps outlined below.

Registration Process for MyBenefits

Step 1: Provide your group name

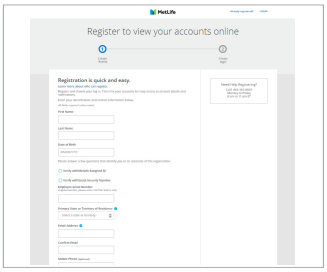
Access MyBenefits at www.metlife.com/mybenefits and enter the employer name and click to select it and then click **'Next.'**

Step 2: The login screen

On the Home Page, you can access general information. To begin accessing personal plan information, click on **'Log In'** at the top-middle of the page and on the next screen select '**Create New Account'** and complete the registration process. Going forward, you will be able to log-in directly.

Step 3: Enter authentication information

Begin by entering your phone number, address, and e-mail to confirm your identity. You will then receive a code via email that you will need to enter to continue the registration process. Upon validation, you will be prompted to provide your SSN, first and last name, and date of birth.



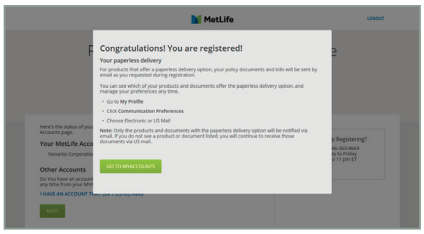
Step 4: Establish account credentials

You will need to create a unique user name and password for future access to MyBenefits. You will also need to choose and answer three identity verifications questions, to be used in the event you forget your password. In addition to reading and agreeing to the website's Terms of Use, you will be asked to opt into electronic consent.

Step 5: Process complete

Now you will be brought to the "Thank You" page.

Lastly, a confirmation of your registration will be sent to the email address you provided during registration.



We are committed to providing you with a trusted and secure customer experience. Multi-factor authentication is in place to:

- Strengthen site security
- Ensure devices are compliant and approved by the user
- Simplify the log-in process

metlife.com/mybenefits

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MetLife

Navigating life together

MyBenefits Registration Overview

www.metlife.com/mybenefits

MetLife®

Overview

MyBenefits provides you with a personalized, integrated and secure view of your MetLife-delivered benefits. You can take advantage of enrollment and self-service capabilities as well as a wealth of easy to access information including needs assessment calculators and oral health awareness material.* MetLife is able to deliver services to you that empower you to manage your benefits and not have to rely on your employer.

As a first time user, you will need to register on MyBenefits. This will require you to follow the steps outlined below.

Registration Process for MyBenefits

Provide Your Company Name

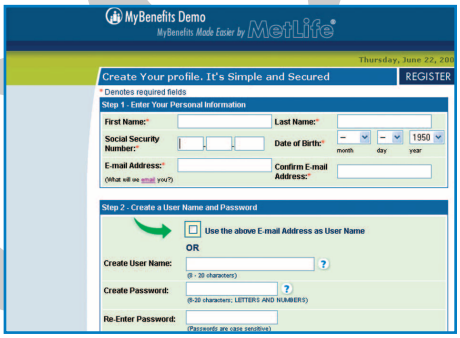
Access MyBenefits at www.metlife.com/mybenefits and enter your company name and click 'Next.'

The Login Screen

On the Home Page, you can access general information. To begin accessing personal plan information, click on 'Register Now' and perform the one-time registration process. Going forward, you will be able to log-in directly.

Registration Process

To access the registration page, follow the simple three-step process.



Step 1: Enter Personal Information

Enter your first and last name, Social Security number, date of birth and e-mail address.

Step 2: Create a User Name and Password

Then you will need to create a unique user name and password for future access to MyBenefits.

The User Name must be a minimum of 8 characters and include at least one letter and one number (i.e. johnsmith1 or 1234567b). The Password must be a minimum of 6 characters and include at least one letter and one number (i.e. jsmith2 or 23451a).

Step 3: Security Verification Questions

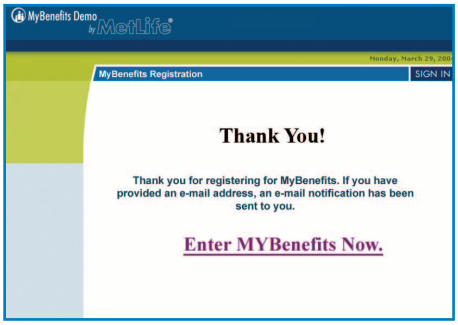
Lastly, you will need to choose and answer three identity verification questions, to be utilized in the event you forget your password.

Finally, you will be asked to read and agree to the Web site's Terms of Use.

Completion of the Registration Process

Now you will be brought to the "Thank You" page. Public registrants will need to verify their information.

Lastly, a confirmation of your registration will be sent to the e-mail address you provided during registration.



*Available only to dental benefits participants.

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