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: Go to** [www.metlife.com/dental](http://www.metlife.com/dental)

**Step 2: Select Find a Dentist**
Enter your ZIP Code and select your network.

**Find a Dentist**

Enter ZIP Code

Select your network

Don't know your network? Go

Advanced Search

**Step 3: Advanced Search**

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

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.

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