




Find a dental provider

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 or by calling 1-800-ASK-4-MET (1-800-275-4638). Follow these step-by-step instructions for each:

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

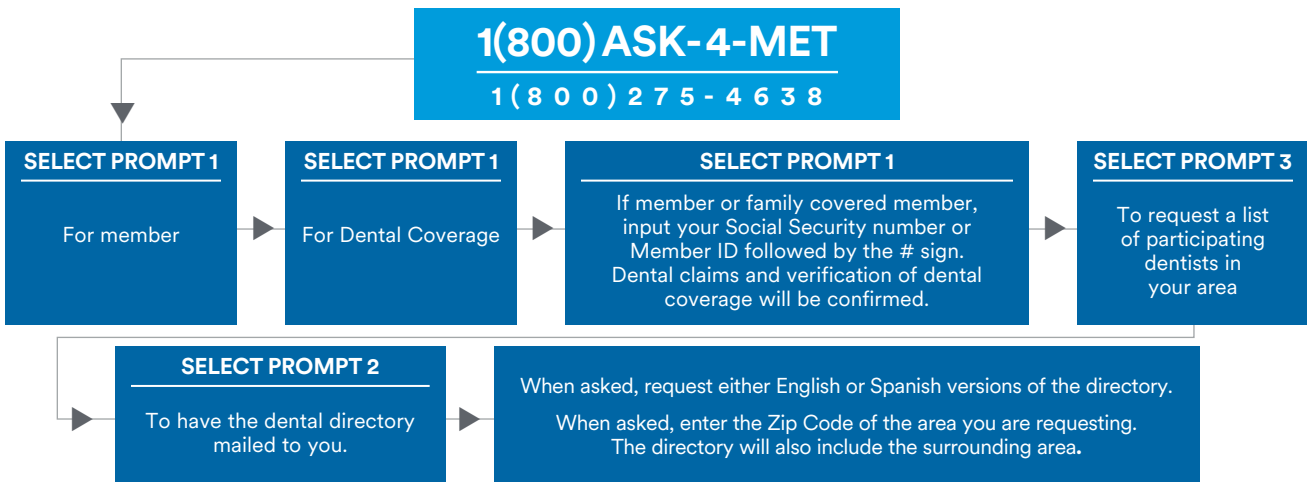
 **Step 2:**
Select "I want to find a MetLife:"
Click "Dentist", enter your ZIP Code, and select your network "PDP Plus".

 **Step 3:**
Advanced Search
Use the Advanced Search option to locate a dentist by name, language spoken, specialty or gender.

I am interested in:
Please Select Insurance Type

I want to find a MetLife:
Agent Dentist Vision Provider
Enter Zip, City or State
Select your network

[Don't know your network?](#)



[metlife.com](https://www.metlife.com)

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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