

Find a participating Dentist in the Dental HMO/Managed Care plan

The Dental HMO/Managed Care plan’s network includes both private practice dentists and those who are in a clinic environment. 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 [metlife.com](https://www.metlife.com)

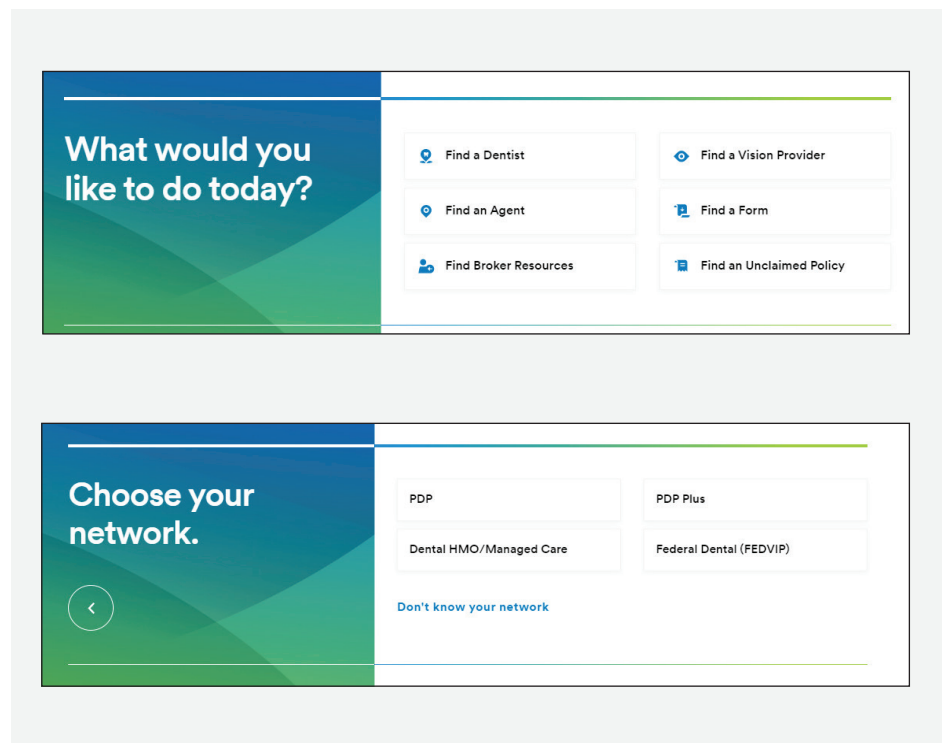


Step 2:
Select “Find a Dentist” next to “What would you like to do today?”



Step 3:
Select “Dental HMO/Managed Care” next to “Choose your network.”

Enter your Zip, City or State and select the “Find a Dentist” button. You will then be prompted to select your plan from the list. The plan name is located in your Schedule of Benefits.



The first screenshot shows the homepage with the heading "What would you like to do today?" and a grid of service buttons: "Find a Dentist", "Find a Vision Provider", "Find an Agent", "Find a Form", "Find Broker Resources", and "Find an Unclaimed Policy".

The second screenshot shows the "Choose your network." screen with a list of plan options: "PDP", "Dental HMO/Managed Care", "PDP Plus", and "Federal Dental (FEDVIP)". A "Don't know your network" link is also visible at the bottom.

Dental Managed Care Plan benefits are provided by Metropolitan Life Insurance Company, a New York corporation, in NY. Dental HMO plan benefits are provided by: SafeGuard Health Plans, Inc., a California corporation, in CA; SafeGuard Health Plans, Inc., a Florida corporation, in FL; SafeGuard Health Plans, Inc., a Texas corporation, in TX; and MetLife Health Plans, Inc., a Delaware corporation, and Metropolitan Life Insurance Company, a New York corporation, in NJ. The Dental HMO/Managed Care companies are part of the MetLife family of companies.

DHMO” is used to refer to product designs that may differ by state of residence of the enrollee, including but not limited to: “Specialized Health Care Service Plans” in California; “Prepaid Limited Health Service Organizations” as described in Chapter 636 of the Florida statutes in Florida; “Single Service Health Maintenance Organizations” in Texas; and “Dental Plan Organizations” as described in the Dental Plan Organization Act in New Jersey.

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.

