

## Discover your Health Screening Benefits

Health screenings are an important part of managing your health.



That's why your Hospital Indemnity Insurance coverage from MetLife provides a Health Screening Benefit<sup>1</sup> (HSB) for covered screenings and tests. Now, everyone who's enrolled—you, your spouse, and dependent children<sup>2</sup>—can earn a benefit just for taking care of his or her health.



**At least 42%** of newly diagnosed cancers in colorectal cancer deaths in the U.S. could be prevented with recommended screenings.<sup>3</sup>



For women in their 40s and 50s, **annual mammogram screenings decrease breast cancer deaths.**<sup>4</sup>



Examples of covered screening and prevention tests may include **a blood test to determine total cholesterol, a blood test to determine triglycerides, an endoscopy**, or a colonoscopy. For a complete list of what's covered, please see a copy of your certificate.

### Here's an example of how it works.

*Susan's doctor conducts a blood test to determine total cholesterol, which is one of the many screenings or tests covered by MetLife. Afterward, Susan contacts MetLife by calling 1-800-GET-MET8 to submit her HSB claim. All Susan needs to provide is her physician's name, phone number and address, plus the test and the date it was completed. A check for Susan's HSB benefit payment is on the way within a few business days once her claim is processed. It's that easy!\**

\*This is an example for illustrative purposes only

### How to get paid for staying well

- 1. Complete a covered test, such as:**
  - Routine health, dental, or vision checkup
  - Electrocardiogram (EKG)
  - Chest x-rays
- 2. Confirm your screening online**  
Visit [mybenefits.metlife.com](https://www.metlife.com/mybenefits) to easily file your claim.
- 3. Get your cash benefit payment**  
You can use it on anything to make you feel better—anything!

You can submit claims for your spouse and/or dependent children. No hard copy proof is ever required! Please refer to your certificate of coverage for details on the health screening benefit and which tests are applicable based on your coverage.

### Add claiming your MetLife Health Screening Benefit to your annual good health to-do list.

For complete details, including covered screenings and tests, please see your insurance coverage certificate on the **MyBenefits** portal at [www.metlife.com/mybenefits](https://www.metlife.com/mybenefits), or the **MetLife Mobile App**.

## Questions? Call MetLife Customer Support.

1-800-GET-MET8 (1-800-438-6388)

1. The Health Screening Benefit may not be available in all states.
2. Dependent Child coverage varies by state. Please contact MetLife for more information.
3. American Cancer Society. Cancer Facts & Figures 2022.
4. Mayo Clinic. Mammogram Guidelines: What Are They? Sandhya Pruthi, M.D. May 23, 2023. <http://www.mayoclinic.org/tests-procedures/mammogram/expert-answers/mammogram-guidelines/faq-20057759>.

METLIFE'S HOSPITAL INDEMNITY INSURANCE IS A LIMITED BENEFIT GROUP INSURANCE POLICY. The policy is not intended to be a substitute for medical coverage and certain states may require the insured to have medical coverage to enroll for the coverage. The policy or its provisions may vary or be unavailable in some states. Prior hospital confinement may be required to receive certain benefits. There may be a pre-existing condition limitation for hospital sickness benefits. MetLife's Hospital Indemnity Insurance may be subject to benefit reductions that begin at age 65. Like most group accident and health insurance policies, policies offered by MetLife may contain certain exclusions, limitations and terms for keeping them in force. For complete details of coverage and availability, please refer to the group policy forms GPNP12-AX, GPNP13-HI, GPNP16-HI or GPNP12-AX-PASG, or contact MetLife.

Benefits are underwritten by Metropolitan Life Insurance Company, New York, NY. In certain states, availability of MetLife's Group Hospital Indemnity Insurance is pending regulatory approval.

