

Discover your Health Screening Benefits

Health screenings are an important part of managing your health. That's why your Critical Illness coverage from MetLife provides an additional Health Screening Benefit¹ (HSB) for covered screenings and tests. Now, everyone who's enrolled — you, your spouse, and dependent children — can earn an extra benefit just for taking care of their health.



At least **60%** of the annual colorectal cancer deaths in the U.S. could be prevented with recommended screenings.²



For women in their 40s and 50s, **annual mammogram screenings decrease breast cancer deaths** by 15 to 29%.³



Examples of covered screening and prevention tests include **a blood test to determine total cholesterol, a blood test to determine triglycerides, endoscopy, or 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 three business days. It's that easy!

Claiming your Health Screening Benefit is as simple as 1-2-3.

- 1. Call 1-800-GET-MET8.** (800-438-6388)
- 2. Provide a few details,** including:
 - Your doctor's name and phone number
 - Address of the healthcare facility
 - The screening/test and the date it was completed
- 3. Receive your HSB payment.** (Checks are typically mailed within 3 business days of your phone call!)

You can submit multiple claims for your spouse or dependent children, all on one call.

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 coverage certificate on the MyBenefits portal at www.metlife.com/mybenefits.

- The Health Screening Benefit is not available in all states. See your certificate for details, including any applicable waiting periods. There is a separate mammogram benefit for MT residents and for cases situated in CA and MT.
- Division of Cancer Prevention and Control, Centers for Disease Control and Prevention (CDC). Screening for Colorectal Cancer: It's the Right Choice. Page last updated September 22, 2015. http://www.cdc.gov/cancer/colorectal/basic_info/screening/infographic.htm
- Mayo Clinic. Test and Procedures: Mammogram. Sandhya Pruthi, M.D. <http://www.mayoclinic.org/tests-procedures/mammogram/expert-answers/mammogram-guidelines/faq-20057759>.

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Hospital does not include certain facilities such as nursing homes, convalescent care or extended care facilities. See MetLife's Disclosure Statement or Outline of Coverage/Disclosure Document for full details.

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