

# Routine checkups can be a lifesaver

Plus, your Health Screening  
Benefit pays for completing  
covered wellness checks!



**The MetLife Health Screening Benefit (HSB)<sup>1</sup>** pays a cash benefit payment for your MetLife Accident (\$75), Critical Illness (\$75), and Hospital Indemnity (\$50) coverage. This benefit extends to any covered dependents and can be utilized each calendar year to help you keep health a priority.

## 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://mybenefits.metlife.com) to easily file your claim.

### 3. Get your cash benefit payment

You can use it on anything to make you feel better—anything!

#### Recent enhancements

Our Health Screening Benefit now includes more than 50 screening tests,<sup>2</sup> including:

- Routine health check-up
- Immunizations
- Hearing tests
- Dental and vision exams
- Coronavirus testing



Login to [mybenefits.metlife.com](https://mybenefits.metlife.com) for a complete list of covered tests and screenings.

## Examples of screenings that may qualify for a Health Screening Benefit

- Annual physical exam (routine health check-up)
- Biopsies for cancer
- Blood Chemistry Panel
- Blood test to determine total cholesterol
- Blood test to determine triglycerides
- Bone marrow testing
- Breast Magnetic Resonance Imaging (MRI)
- Breast ultrasound
- Breast sonogram
- Cancer antigen 15-3 blood test for breast cancer (CA 15-3)
- Cancer antigen 125 blood test for ovarian cancer (CA 125)
- Carcinoembryonic antigen blood test for colon cancer (CEA)
- Carotid doppler
- Any cervical cancer screening test approved by the federal Food and Drug Administration
- Hemoglobin A1C
- Human papillomavirus (HPV) vaccination
- Immunization
- Lipid panel
- Mammogram<sup>1</sup>
- Oral cancer screening
- Pap smears or thin prep pap test
- Prostate-specific antigen (PSA) test
- Serum cholesterol test to determine LDL or HDL levels
- Serum protein electrophoresis
- Skin cancer biopsy
- Skin cancer screening
- Skin exam
- Stress test on bicycle or treadmill
- Successful completion of smoking cessation program
- Tests for sexually transmitted infections (STIs)
- Thermography
- Two-hour post-load plasma glucose test
- Ultrasounds for cancer detection
- Ultrasound screening of the abdominal aorta for abdominal aortic aneurysms
- Virtual colonoscopy
- Any generally medically accepted cancer screening tests approved by the Federal Food and Drug Administration<sup>2</sup>
- upon approval by the Covered Person's Physician<sup>2</sup>
- Chest x-rays
- Clinical testicular exam
- Colonoscopy
- Complete Blood Count
- Coronavirus Testing (Diagnostic or Antibody)
- Dental exam
- Digital rectal exam (DRE)
- Doppler screening for cancer
- Doppler screening for peripheral vascular disease
- Echocardiogram
- Electrocardiogram (EKG)
- Electroencephalogram (EEG)
- Endoscopy
- Eye exam
- Fasting blood glucose test
- Fasting plasma glucose test
- Flexible sigmoidoscopy
- Hearing Test
- Hemocult stool specimen

**Questions? Call MetLife Customer Service.**  
1-800-GET-MET8 (1-800-438-6388)

1. The Health Screening Benefit may not be available in all states. In some states, the benefit is referred to as the Accident Prevention Screening Benefit.
2. All screening tests may not be included with your plan. See your certificate for a complete list of screening tests covered under your plan

METLIFE'S ACCIDENT (AX), HOSPITAL INDEMNITY (HI) AND CRITICAL ILLNESS (CII) INSURANCE POLICIES ARE LIMITED BENEFIT GROUP INSURANCE POLICIES. The policies are not intended to be a substitute for medical coverage providing benefits for medical treatment, including hospital, surgical, and medical expenses, and do not provide reimbursement for such expenses. Certain states may require the insured to have medical coverage to enroll in these policies. Like most group accident and health insurance policies, MetLife's AX, HI and CII policies contain certain exclusions, limitations and terms for keeping them in force. Product features and availability may vary by state. The policies may be subject to a Benefit Reduction Due to Age provision. For HI and AX, prior hospital confinement may be required to receive certain benefits, and there may be a pre-existing condition exclusion for hospital sickness benefits, if applicable. Hospital does not include certain facilities such as nursing homes, convalescent care or extended care facilities. For CII, there may be a pre-existing condition exclusion, and a Benefit Suspension Period between recurrences of the same Covered Condition or occurrences of different Covered Conditions. MetLife offers CII on both an Attained Age basis, where rates will increase when a Covered Person reaches a new age band, and an Issue Age basis, where rates will not increase due to age. Rates are subject to change. MetLife reserves the right to raise premium rates for Issue Age CII on a class-wide basis. A more detailed description of the benefits, limitations, and exclusions applicable to MetLife's AX, HI and CII products can be found in the applicable Disclosure Statements or Outlines of Coverage/Disclosure Documents available at time of enrollment. For complete details of coverage and availability: for AX and HI, please refer to the group policy form GPNP12-AX, GPNP13-HI, GPNP16-HI or GPNP12-AX-PASG; and for CII, please refer to the group policy form GPNP07-CI, GPNP09-CI, GPNP10-CI, GPNP14-CI, GPNP19-CI, or contact MetLife for more information. Benefits are underwritten by Metropolitan Life Insurance Company, New York, New York.

