

Facts & Stats



Visits to the dentist can be expensive. From preventive care to major services, dental insurance is a smart way to protect your smile and your pocketbook.



Smiles are free, but they are worth a lot

Staying on top of your care is the key to preventing costly problems that can add up.

Know what your plan covers... Dental insurance pays a portion of the costs associated with dental care. Different plans pay different percentages for procedures across these 3 standard service types.

Preventive Care*



for example
cleanings, x-rays and exams

*Subject to frequency limits.

Basic Care



for example
fillings and extractions

Major Care



for example
bridges, crowns and dentures

How it works

While eating dinner one evening, Katie bites down and breaks a crown. The next day, Katie visits her dentist, who participates in the MetLife network.

The going rate for a crown in her area is about **\$1,462**.¹ But since Katie's participating dentist has agreed to provide the service for **\$680** for covered MetLife enrollees, and Katie's plan covers 50% for this type of procedure, Katie's out-of-pocket costs are only **\$340**, that's a savings of **\$1,122!**

Dentists' usual fee¹

\$1,462

Charge by MetLife participating dentist

\$680

Katie's out-of-pocket costs

\$340



Depending on the fees her dentist normally charges, this bill could have cost Katie over a thousand dollars. By using a participating dentist, Katie maximizes her plan benefits and pays less than a quarter of the typical cost.*

- Flexibility to go to any dentist — in or out of network.²
- Access to thousands of participating dental locations across the U.S.
- Take advantage of negotiated fees that are typically 30-45% less than average charges in the same area.³
- For added convenience, MetLife's Mobile App⁴ is available on the iTunes® App Store and Google Play. After downloading, you can use it to find a dentist, view your claims, access your ID card, and more.

*This is an example and is for illustrative purposes only.

1. Based on MetLife data for a crown (D2740) in ZIP code 19151. This cost reflects the 80th percentile Reasonable and Customary (R&C) fee. R&C fees are calculated based on the lowest of 1) the dentist's actual charge, 2) the dentist's usual charge for the same or similar services or 3) the usual charge of most dentists in the same geographic area for the same or similar services as determined by MetLife. This example is used for informational purposes only. Fees in your area may be different.
2. If you visit an out-of-network dentist your out-of-pocket costs may be greater.
3. Based on MetLife data. Negotiated fees refer to the fees that in-network dentists have agreed to accept as payment in full for covered services, subject to any co-payments, deductibles, cost sharing and benefits maximums. Negotiated fees are subject to change.
4. To use the MetLife mobile app, employees can choose to register at metlife.com/mybenefits from a computer or directly through the app. Certain features of MetLife Mobile App are not available for MetLife Dental Plans.

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Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, reductions, limitations, waiting periods and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details.

