

Dental coverage for every stage of life.



MetLife TakeAlong DentalSM

With our lifelong, portable dental plan, you can continue to enjoy nationwide network access and the same great dental benefits that you know and trust. TakeAlong Dental is there for you through every life stage — and that's something to smile about!

The benefits of coverage:



Keep your dentist, as well as your current network access and dental benefits.



Easily make the switch from group dental to our portable plan. Flexible enrollment options and a suite of resources can guide you through the process.



Choose from a variety of dental options, including PPO, DHMO,¹ and Discount Plans.² No matter what you select, your coverage is built to last (unlike with short term options like COBRA³).



Conveniently make payments online with a credit card.

The importance of long-term care

Regular preventive care can help you prevent painful and costly dental problems. But keeping your teeth healthy without coverage can be expensive. That's where MetLife TakeAlong Dental comes in! Choose an individual dental policy or a non-insurance discount dental program. Either way, you'll enjoy great benefits and competitive pricing, now and in the future. Our lifelong dental solution can help lower your costs and suit your lifestyle.

Enroll now.

Visit [metlifetakealongdental.com](https://www.metlifetakealongdental.com) for the information you need, all in one place. Explore the program, features and cost. Then, enroll in coverage for yourself and your dependents.

Two great programs to choose from:

PPO or DHMO/Managed Care¹ Program Options

This could be the last dental program you ever need to enroll for! Our coverage provides for you and your family, now and through all your stages of life.

No matter which program or level of coverage you choose, you'll enjoy cost-effective prices and robust benefits with thousands of participating locations.

MetLife Discount Dental²

The MetLife Discount Dental Program is not insurance ... but it is designed to save you money on all your dental needs!

Receive savings on everything from orthodontics and specialist visits to cosmetic dentistry. Your purchase also includes the MetLife VisionAccess Discount Program at no additional cost.

For questions or to enroll:



Enroll online
metlifetakealongdental.com



Enroll by phone
1-844-2METDEN
(1-844-263-8336)



Your referral code
CITI

MetLife TakeAlong Dental availability varies by state.

1. 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.
2. Dental benefits are provided by Metropolitan Life Insurance Company (MetLife) or an affiliate of MetLife. Certain administrative services are provided by Careington BenefitSolutions (Careington), Frisco, TX. Careington is not affiliated with MetLife or its affiliates. In certain states, availability of the individual dental product is subject to regulatory approval. Like most benefits 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 for costs and complete details. MetLife Discount Dental Program is provided through Careington International Corporation, Frisco, TX. Careington International Corporation is not affiliated with MetLife or its affiliates.
3. MetLife TakeAlong Dental is not COBRA coverage and does not affect any employer obligation to provide COBRA coverage.

DISCLOSURE: THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.

This plan does not meet the minimum creditable coverage requirements under M.G.L. c.111M and 956 CMR 5.00. This plan is not a Qualified Health Plan under the Affordable Care Act. The range of discounts will vary depending on the type of provider and service. The plan does not pay providers directly. Plan members must pay for all services but will receive a discount from participating providers. The list of participating providers is available at www.meritlifetakealongdental.com. A written list of participating providers is available upon request. You may cancel within the first 30 days after effective date or receipt of membership materials (whichever is later) and receive a full refund. Discount Plan Organization and administrator: Careington International Corporation, 7400 Gaylord Parkway, Frisco, TX 75034; phone (800) 441-0380. Not available in Washington, Utah and Vermont.

For Vermont residents, any applicable waiting periods are limited to a maximum of 6 months. For Maine residents, waiting periods do not apply to children under 19 years of age. Once enrolled, this will be reflected in your policy.

For Colorado Residents: This policy DOES NOT include coverage of pediatric dental services as required under the Affordable Care Act. Coverage of pediatric dental services is available for purchase in the State of Colorado and can be purchased as a stand-alone plan. Please contact your insurance carrier, agent, or Connect for Health Colorado to purchase either a plan that includes pediatric dental coverage or an Exchange-qualified stand-alone dental plan that includes pediatric coverage.

Like most group benefits programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, waiting periods, reductions, limitations and terms for keeping them in force. Ask your MetLife representative for costs and complete details.



Metropolitan Life Insurance Company | 200 Park Avenue | New York, NY 10166

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