

With your Critical Illness Insurance, MetLife has you covered when it comes to annual screenings and tests



Your MetLife Critical Illness Insurance coverage provides a Health Screening Benefit¹ for screenings and tests you're likely already getting.

If you and/or your spouse takes one of the screening/prevention measures listed below while covered under your Critical Illness Insurance plan, MetLife will pay a Health Screening Benefit of **\$100** per person, per year. To receive the **\$100** benefit, you'll need to follow the instructions indicated below.

What are the covered screenings/tests?

- Routine health check-up exam
- Biopsies for cancer³
- Blood chemistry panel
- Blood test to determine total cholesterol
- Blood test to determine triglycerides
- Bone marrow testing
- Breast 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;
- Chest x-rays;
- Clinical testicular exam
- Colonoscopy
- Complete blood count (CBC)
- Coronavirus testing
- 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
- Hemoglobin A1C
- Human papillomavirus (HPV) vaccination;
- Immunization
- Lipid panel
- Mammogram
- Oral cancer screening
- Pap smears or thin prep pap test
- Prostate-specific antigen (PSA) test
- Serum cholesterol test to determine LDL and 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

Filing a claim is as simple as 1-2-3!

1. You can file a claim online through **MyBenefits** at www.metlife.com/mybenefits or by calling **MetLife at 1 800 GET MET-8 (1 800-438-6388)**. You can also file a claim using the **MetLife Mobile App**!
2. Provide a few details, including:
 - The name of the Insured, SSN or EEID, Group Name, Certificate Number
 - What date did you have your test?
 - What was the test you had completed?
3. Receive your HSB payment. If submitting via **MyBenefits**, payment can be made via EFT. Checks are typically issued within a few business days once your claim has been processed.

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

We will only pay one health screening benefit per covered person per calendar year.
Health Screening Benefits are not available in all states.

1 The Health Screening Benefit is not available in certain states. In some states, there is a separate mammogram benefit. Please review your Disclosure Statement or Outline of Coverage/Disclosure Document for specific state variations and exclusions around this benefit.

2 Please review the certificate for specific information about cancer benefits. In most states, not all types of cancer are covered.

METLIFE CRITICAL ILLNESS INSURANCE (CII) IS A LIMITED BENEFIT GROUP INSURANCE POLICY. Like most group accident and health insurance policies, MetLife's CII policies contain certain exclusions, limitations and terms for keeping them in force. Product features and availability vary by state. There may be a preexisting condition exclusion. There may be a benefit reduction due to age provision. There may be 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 can be found in the applicable Disclosure Statement or Outline of Coverage/Disclosure Document available at time of enrollment. For complete details of coverage and availability, please refer to the group policy form GPNP14-CI or contact MetLife for more information. Benefits are underwritten by Metropolitan Life Insurance Company, New York, New York.

MetLife's Critical Illness Insurance is not intended to be a substitute for Medical Coverage providing benefits for medical treatment, including hospital, surgical and medical expenses. MetLife's Critical Illness Insurance does not provide reimbursement for such expenses.

