

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

1. You can file a claim online through **MyBenefits** at [www.metlife.com/mybenefits](http://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.