

How to Submit a MetLife Disability Claim




Below you'll find the information and tools you need to make the disability claims process as smooth as possible.

How to Submit a Claim


Submitting a disability claim is as simple as 1-2-3:

1




Visit mybenefits.metlife.com to submit a claim. You can also contact MetLife at 888-608-6665.*

2



You should have your physician's contact information ready.

3



Answer some questions about the claim – the whole process takes just minutes!

What Happens Next

A MetLife claims specialist will be in touch within 1-2 business days to develop an action plan and explain next steps.

Online claim submission is hassle-free!
You can register at mybenefits.metlife.com

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MyBenefits: Quick and Easy Online Claim Submission



MyBenefits is the Employee Web Portal for MetLife group participants. Once registered, you can log in to:

- Submit a claim
- See claim status, history, payments, and appeals
- Set up direct deposit of benefits
- Read messages from MetLife
- Download disability forms

You can register at
mybenefits.metlife.com

MetLife Mobile App

You can also access claim information on-the-go. Our mobile app has many of the same features as the MyBenefits web portal—you can view and edit details for claims.



[Download the MetLife app from the iTunes App Store or Google Play](#)

Before using the MetLife US App, you must register at www.metlife.com/mybenefits from a computer. Registration cannot be done from your mobile device.

Benefits of registering online:

- Faster processing time
- Less paper waste
- Claims can be submitted 7 days a week
- Submit questions and request a call back—no waiting on hold to speak with an agent

Like most group disability insurance policies, MetLife group policies contain certain exclusions, waiting periods, reductions, limitations and terms for keeping them in force. Please contact MetLife or your plan administrator for complete details.

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