MetLife | Dental Insurance

The Specialty Alliance

Find a Dental PPO Provider

With MetLife Dental insurance, you can choose from thousands of general dentists and specialists nationwide. You can find the names, addresses, languages spoken and phone numbers of participating dentists by searching our online **Find a Dentist** directory.



Step 1:

Go to metlife.com Under Solutions select Dental



Step 2:

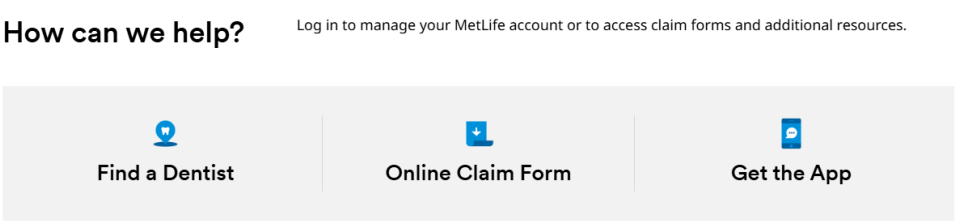
Select "Find a Dentist"

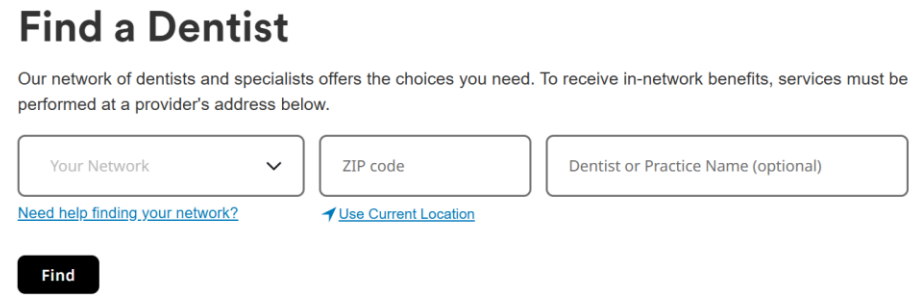


Step 3:

Select "PDP" or "PDP Plus"

Enter your Zip code and select the "Find" button.





What's New?



MetLife SpotLite on Oral Health℠

Finding the right dentist is important, **MetLife SpotLite on Oral Health℠** is a recognition awarded to dentists for a focus on preventive oral care and improved oral health outcomes. **Look for the MetLife SpotLite badge when selecting a dentist.**



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

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

© 2026 MetLife Services and Solutions, LLC.