

Health Screening Benefit (HSB)



Annual physicals help reveal changes to your health in a timely manner, making any **necessary treatment** more likely to **succeed**.¹



At least **60%** of the annual colorectal cancer **deaths** in the U.S. could be **prevented** with recommended screenings.²



For women in their 40s and 50s, annual mammogram screenings **decrease** breast cancer **deaths** by **15 to 29%**.³

The MetLife Health Screening Benefit⁴ provides you coverage for taking care of your health.

Make the most of your coverage



How it works

Susan goes to the doctor for her annual physical. Afterwards, she contacts MetLife by calling the telephone number below or going online to submit her HSB claim. Susan will need to have available her physician's name and phone number, treatment dates and details. Susan receives her HSB payment within 10 days or less. It's that easy!

[This payment is in addition to the lump-sum payment you receive if you experience a covered event or above and beyond the Total Benefit Amount.]

Some of the covered screening/prevention measures are:

Annual physical exam

Pap smear or thin prep pap test

Carotid doppler

Colonoscopy, virtual colonoscopy

Human papillomavirus (HPV) vaccination

Endoscopy

Electrocardiogram (EKG)

Breast exams: mammogram, breast ultrasound & breast sonogram

Skin cancer screening

Stress test on bicycle or treadmill

Blood Test to determine total cholesterol

Filing a claim is easy!

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2. You will then see the 'Welcome to MyBenefits' page where you can register as a MyBenefits user or if you have already registered, enter your name and password.
3. Select "File a Claim Online" from the I want to dropdown.
4. Select "Wellness (Health Screening)".
5. Or call 800 GET MET8 (1 800-438-6388) to file your claim or obtain additional information.
6. Have your physician's name, address, phone number, and testing information details available.

Claims are generally processed within 10 business days

1. Centers for Disease Control and Prevention (CDC). Health Equity. Regular Check-Ups are Important. Page last updated: August, 2017. <http://www.cdc.gov/family/checkup/index.htm>
 2. Division of Cancer Prevention and Control, Centers for Disease Control and Prevention (CDC). Screening for Colorectal Cancer: It's the Right Choice. Page last updated: September 22, 2015. http://www.cdc.gov/cancer/colorectal/basic_info/screening/infographic.htm
 3. Mayo Clinic. Test and Procedures: Mammogram. Sandhya Pruthi, M.D. <http://www.mayoclinic.org/tests-procedures/mammogram/expert-answers/mammogram-guidelines/faq-20057759>.
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