



Choose paperless delivery for your dental plan documents

Dear %%F13%%,

Save that trip to the mailbox and set up convenient e-alerts for fast dental claims access. Here's how:

- [Log in to MyBenefits](#) and choose "Communication Preferences" on the home page
- Make sure to check the box that gives us your eConsent
- Check "Email" as your preferred channel and uncheck "Direct Mail"
- Click "Update Preferences" to confirm your selections

That's it! You're now saving time and trees.

Thank you,
Your MetLife team

LOG IN TO MYBENEFITS

