

Step 1: Go to MyBenefits

- Access MyBenefits at metlife.com/mybenefits.
- Type your employer or company's name in the **Employer or Association** field.
- Click **Next**.

Access MyBenefits
Type and select your organization.

Employer or Association

Remember my selection

Next

Log in to view your policies

Looking for a different Employer or association

LOGIN

REGISTER

Who can register?

Step 2: Login or Register for MyBenefits

- On the right side of your screen, click **LOGIN** if you already have a MyBenefits account. Then proceed directly to Step 4.
- If this is your first time visiting MyBenefits, click **REGISTER** to perform the one-time registration process.

Step 3: Creating a MyBenefits Account

- You'll need to provide information such as your first and last name, email, date of birth, zip code and state of residence, and your social security number.
- You'll create a username and password, and answer identification questions that will help you if you need to reset your password in the future.
- Then consent to the Terms of Use. If you don't agree with these terms and conditions, you won't be granted access to the MyBenefits website.

Register to view your MetLife policies online

All fields required unless otherwise noted.

Personal Information

First Name

Last Name

Email

Personal email is recommended.

Identity Verification

Phone Type

Date of Birth

Zip Code

State of Residence

Username & Password

Next

Step 4: Log In (Registered users only)

- Type your Username and Password and click **Log In**.

If you forgot your Username and/or Password, click on **Forgot Username?** or **Forgot Password?**

Log in to your account

Username

Password

Forgot Username? | Forgot Password?

I want to update my phone/email

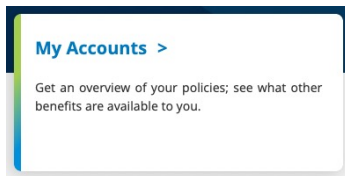
Log In

First-time user? Register Now

I can't log in

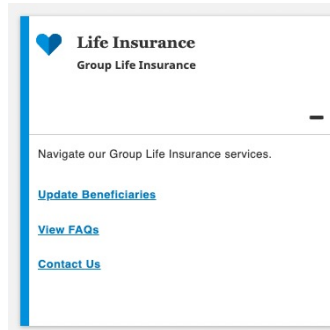
Step 5: Welcome Screen

- On the welcome screen, select **My Accounts**.



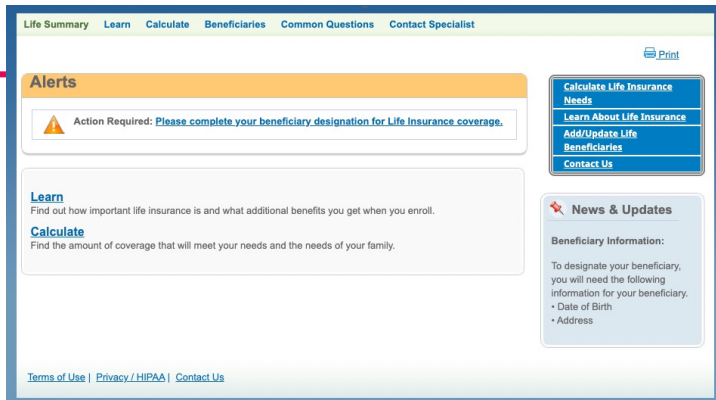
Step 6: Policy Information

- On the My Accounts page, locate the Life Insurance card and click on **Update Beneficiaries**.



Step 7: Add/Update Life Beneficiaries Link

- You can either click **Beneficiaries** at the top of the page or click **Add/Update Life Beneficiaries** on the righthand side of the screen.



Step 8: Primary & Contingent Beneficiaries

On this page, you can review your current beneficiaries for your listed coverage and add/modify accordingly.

To designate your primary beneficiary/beneficiaries as well as designate your contingent beneficiary/beneficiaries:

- Click **Add primary beneficiary** and select from the dropdown menu if your beneficiary is a person, trust, charity or estate.
- You can perform the same steps if you want to **Add contingent beneficiary** information.

Important Information:

- A person named as a Primary Beneficiary should not be named as a Contingent Beneficiary.
- The employee is the beneficiary for all Dependent Life coverages.
- Any changes made will overwrite any previous beneficiary designations.
- Coverage elections are based on the information on record.

Designate Your Beneficiaries

Primary Beneficiaries: All Coverages

Name	Relation / Type	Share
Add primary beneficiary		
Create a new beneficiary*	<input checked="" type="checkbox"/> - Select - <input type="checkbox"/> Person <input type="checkbox"/> Trust <input type="checkbox"/> Charity <input type="checkbox"/> Estate	<input type="button" value="CANCEL"/>

Contingent Beneficiaries

Name	Relation / Type	Share
Add contingent beneficiary		

Designate Your Beneficiaries

Primary Beneficiaries: All Coverages

Name	Relation / Type	Share
Add primary beneficiary		

Contingent Beneficiaries

Name	Relation / Type	Share
Add contingent beneficiary		
Create a new beneficiary*	<input checked="" type="checkbox"/> - Select - <input type="checkbox"/> Person <input type="checkbox"/> Trust <input type="checkbox"/> Charity <input type="checkbox"/> Estate	<input type="button" value="CANCEL"/>



Step 9: Add or Modify Beneficiary Information

Designate Your Beneficiaries:

- Review, add or modify beneficiary information
- Next, you'll want to confirm and indicate the percentage of your life insurance benefit (share) to be paid to each beneficiary.

Step 10: Submission & Confirmation

You'll be required to review and acknowledge all legal statements and disclosures before continuing.

- Check the boxes to indicate that you've read, understand, consent and authorize the changes made.
- You may be required to enter your MyBenefits Password, that you selected during registration, to serve as your electronic signature to your Beneficiary Designation submission.
- Click **Submit**.

You'll see confirmation for your designation. You can select **print your Beneficiary Designation** to secure a copy for your records.

Common Questions & Contact a Specialist

Choose from the top menu bar **Common Questions** or **Contact Specialist**.

- When contacting a specialist, you'll need to complete the Email Form by providing: your name, contact email address, subject and your comments/questions. Click **Submit**.

You can also:



Email
termlife@lpmservices-metlife.com



Call
1-866-492-6983
Monday – Friday, 8am – 11pm ET