

# 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.



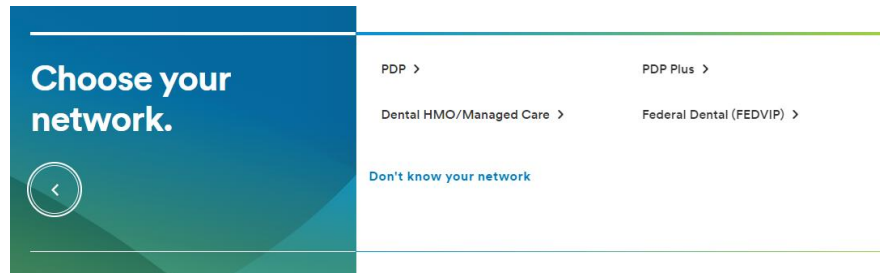
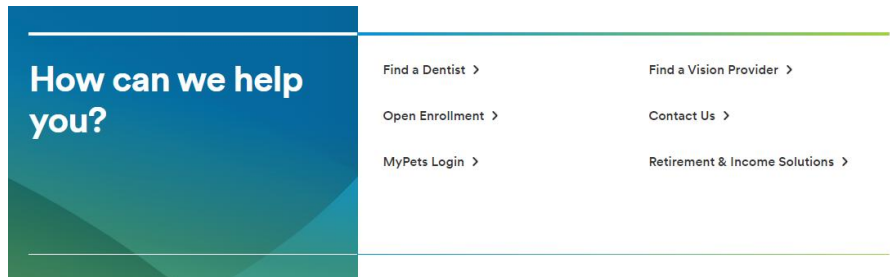
**Step 1:**  
Go to [metlife.com](https://www.metlife.com)



**Step 2:**  
Select “Find a Dentist” next to “How can we help you?”



**Step 3:**  
Select “PDP Plus” next to “Choose your network.”  
Enter your Zip, City or State and select the “Find a Dentist” button.



## What's New?



**MetLife SpotLite on Oral Health<sup>SM</sup>**

Finding the right dentist is important, **MetLife SpotLite on Oral Health<sup>SM</sup>** 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.**

