

# Find a Vision Provider

## MetLife

With MetLife Vision, you can choose from thousands of ophthalmologists, optometrists and opticians at private practices or at popular retail locations like Costco® Optical, Visionworks and more. You can find the names, addresses, and phone numbers of providers by searching our online **Find a Vision Provider** directory.

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

**Step 2:** Select Find a Vision Provider

Enter your ZIP Code and select your plan.

The screenshot shows a search form titled "Find a Vision Provider". It includes a text input field for "Enter ZIP Code", a dropdown menu for "Select your plan" with a list of options: "Select your plan", "MetLife Vision PPO", "MetLife Discount Vision", and "SafeGuard Vision". Below the dropdown is an "Advanced Search" link.

**Step 3:** Refine Your Search (optional)

Use the Refine Your Search option to locate a provider by frame brand, language spoken or a specific service.

The screenshot shows a "Refine Your Search" form. It features two dropdown menus: "Select frame" and "Language". Below these is a "Services" section with a list of checkboxes: "Children Ages 0-3", "Children Ages 3-5", "Extended Hours", "Hard-to-Fit Contacts", "Low Vision", "Safety Eyewear", "Sports Eyewear", and "Vision Therapy". There is a "Less Services" link and a "Search" button. At the bottom right is a "Start Over" link.

Vision benefits are underwritten by Metropolitan Life Insurance Company (MetLife), New York, NY. Certain claims and network administration services are provided through Vision Service Plan (VSP), Rancho Cordova, CA. VSP is not affiliated with MetLife or its affiliates. Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, reductions, limitations, waiting periods, and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details.