

## Submit your claim online.

- ✓ Get your claim reviewed faster.
- ✓ Upload supporting documents.
- ✓ View your claim status online.

### 3 Simple Steps

1

Login or setup an account by going to [metlife.com/lifeclaims](https://metlife.com/lifeclaims) or scan the QR code below.

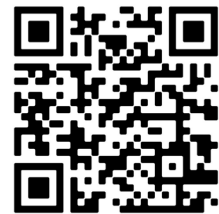
2

Complete the form online.

3

Upload pictures of supporting documents such as the death certificate.

Scan to  
file a  
claim  
online.



### We're here to help



- For website help, click on the Customer Support tab or call 1-800-504-0746.
- For questions about your claim, contact us at 1-800-638-6420, Monday through Thursday, 8:00 AM to 8:00 PM Eastern Time, and Friday 8:00 AM to 5:00 PM.