

# Navigate your claims anytime, anywhere

Whether at home or on-the-go, we make it easy for you to stay informed about your Disability claims. Now, there's another convenient way you can stay in-the-know: text notifications. So whether you prefer to view via MyBenefits, the MetLife US mobile app, mobile text — or all three — you can choose the ways you want to be notified about the status of your Disability claims.



## Receive text notifications when:<sup>1</sup>

- Your claim is received
- Missing or additional claim information is needed
- A decision has been made on your claim
- Direct deposit for your claim has been processed



## Signing up is as easy as 1, 2, 3

1. Register or log-in to your MyBenefits website.
2. Go to Profile Settings → Communication Preferences and enter your mobile number(s) and check the box next to the number(s) you want to receive text messages.
3. Turn the Delivery Preference to On under Disability Claim status text alerts.

You can unsubscribe at any time by replying "STOP" to the text, or by turning Claim status text alerts to Off on your MyBenefits site.



1. MetLife Online Services capabilities may vary by product. This texting feature is available for those on the Enhanced MyBenefits Experience.

[metlife.com](http://metlife.com)

Availability of products and services is based on MetLife's guidelines, group size, underwriting, and state requirements. The companies referenced in this communication are independent and are not responsible for each other's financial obligations.

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