

Legal help made easy

MetLife Legal Plans provides you with access to experienced attorneys and reduces the worry, stress, and financial burden on your end. It's protection at every step.

1 Easy to find an attorney

Go to www.metlife.com/mybenefits or call 1-800-GET-MET8 (1-800-438-6388) to speak with an experienced service team that can match you with the right attorney.

Easy to make an appointment

Call the attorney you select and schedule a time to talk or meet.

5 Easy from start to finish

That's it! There are no copays, deductibles or claims forms when you use a network attorney for a covered matter.

Experience and convenience you can count on.

You'll have all the help you're looking for from our dedicated service team, network of attorneys and variety of online resources.



Award-winning service

- Regularly recognized for excellence in customer service¹
- Experienced service team available from 8 am to 8 pm ET



Top-quality attorney network

24/7 access at your fingertips

- Average of 25 years of experience and vetted regularly
- Nationwide network with a range of specialties



- Create an account on our website to access coverage information and our attorney locator
- Access to over 1,700 self-help documents
- Access to digital estate planning to create wills, living wills and powers of attorney all online



Ease of use²

- All billing is handled between MetLife and the attorney
- No claims forms, hidden fees or deductibles

¹Two-time winner of the Silver Stevie in the American Business Awards, 2016 and 2017; Bronze winner in 2018, 2019 and 2020. ² When using a network attorney for a covered legal matter.

Group legal plans are administered by MetLife Legal Plans, Inc., Cleveland, Ohio. In California, this entity operates under the name MetLife Legal Insurance Services. In certain states, group legal plans are provided through insurance coverage underwritten by Metropolitan General Insurance Company, Warwick, RI. For costs and complete details of the coverage, call or write the company. Some services not available in all states. No service, including consultations, will be provided for: 1) employment-related matters, including company or statutory benefits; 2) matters involving the employer, MetLife and affiliates and plan attorneys; 3) matters in which there is a conflict of interest between the employee and spouse or dependents in which case services are excluded for the spouse and dependents; 4) appeals and class actions; 5) farm and business matters, including rental issues when the participant is the landlord; 6) patent, trademark and copyright matters; 7) costs and fines; 8) frivolous or unethical matters; 9) matters for which an attorney client relationship exists prior to the participant becoming eligible for plan benefits. Coverage for defense of criminal matters is excluded from insurance coverage for individuals located in New York. For all other personal legal matters, an advice and consultation benefit is provided. Additional representation is also included for certain matters. Please see your plan description for details.

Navigating life together

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