



2023 USM-SPONSORED METLIFE BENEFITS ANNUAL ENROLLMENT

Begins Today and Ends Wednesday, March 15

It's here!

If you work 20 hours or more per week and are a *Regular* or *CII* employee, this is your once-a-year chance to enroll in the USM-sponsored MetLife Life & LTD benefits.



Be sure to review benefit information before you enroll metlife.com/USMD



How to Enroll

To enroll or update beneficiaries, visit metlife.com/USMD and click the *Enroll/View Coverage* button.

Optional Life & Long Term Disability

Employee ID - your W Number (no dashes or spaces)
Initial PIN/password - the last four numbers of your W number plus your four-digit birth year

Note, if you logged in during the past year, all passwords have been reset to the above for this Annual Enrollment.

Example:
W#: W1123456
Date of Birth: 08/12/1989

Employee ID or SSN:
W1123456
PIN: 34561989

Please be Prepared When You Enroll

INFO FOR YOURSELF & ANY DEPENDENTS YOU WANT TO ENROLL

Name
Social Security #
Date of Birth

BENEFICIARY INFO FOR LIFE INSURANCE

Name
Relationship to you
(Even if you are currently enrolled, it is a good idea to make sure your beneficiaries are up-to-date)