



# SAVE THE DATE FOR OUR 2022 USM-SPONSORED METLIFE BENEFITS ANNUAL ENROLLMENT MARCH 14 – MARCH 28

Welcome to the annual enrollment for the USM-sponsored MetLife benefits. If you work 20 or more hours per week and are either a *Regular* or *CII – Contingent II* employee, this is your **once-a-year opportunity to newly enroll or make changes to your MetLife benefits**:

- **Optional Life insurance** is a cost-effective way to help protect your family and your finances. It helps ensure your short- and long-term financial obligations could be met if something unforeseen happens to you. Coverage is also available for your spouse and dependent child(ren).
- **Long Term Disability (LTD) insurance** helps protect your income when you are unable to work due to illness or injury – it replaces a portion of your income for an extended disability.

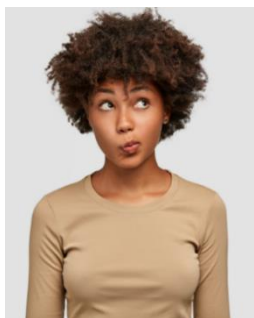
If you already participate in one or both of these benefits, your current **coverage will continue, with no action required**. During this year’s Annual Enrollment, **you may either newly enroll or increase your coverage**. Elections you make during this enrollment period will be effective April 1, 2022 or the first of the month following MetLife’s approval of your request.

## WHAT'S NEW?



In addition to online enrollment, we are excited to announce a **new way to enroll – by phone**. You can even schedule an appointment now to speak with a **licensed, professional Benefit Coach** during this year’s enrollment period. The Coach will review the benefits, costs, answer your questions, and enroll or waive you in the benefits you choose in **one easy phone call**. You can even **include your spouse** on your call.

## WHY WAIT? SCHEDULE TODAY TO ENROLL BY PHONE!



*Have questions?  
Need help deciding?  
Limited access to a  
computer?*

If so, a Benefit Coach can help!

**Beat the rush and have the best choice of appointments!** Schedule your phone appointment today one of two ways:

Visit [metlife.com/USMD](https://metlife.com/USMD) and click on the **Schedule a phone appointment** button (available 24/7 on your smartphone, tablet, or laptop/computer) or scan the QR code on the right with your smartphone camera



Or call **1-877-277-7476**

Scheduling & appointments are available Monday – Friday, 9 am – 9 pm ET



*Si desea una cita con un Consejero de Beneficios que hable español, avísenos cuando se conecte o llame para agendar una cita.*

## BEGINNING MARCH 14 – ENROLL ONLINE!



*No questions? Know  
which benefits you  
want? Have access to a  
computer?*

If so, online enrollment may be right for you!

Login instructions will be available March 14.