

## Aflac

Aflac payouts are based on claims, meaning once a covered event occurs you just need to contact SDPEBA and we'll help you with your claim. You can email [claims@SDPEBA.org](mailto:claims@SDPEBA.org) or call 888-315-8027.

## Aura

Once your plan starts you'll receive an email from Aura. Simply follow the instructions on the email and you'll be able to start using your plan!

## MetLife Dental

MetLife makes finding a dentist easy. Simply head to [www.metlife.com](http://www.metlife.com) and click "Find a Dentist." If you have the HMO plan, select "Dental HMO/Managed Care". Then enter Zip, City or State. From the 'Select Your Plan' drop down choose MET100. Once the provider listing generates, you MUST refine the search by clicking on the drop-down menu in the Specialty bubble, and selecting "General Dentist". If you have the PPO plan, select "PDP Plus." Then, enter your Zip, City or State, then click search! From there you'll get a list of dentists that you can choose from.

## MetLife Legal

Once your plan starts you'll need to either call MetLife or make an online account so you can generate a list of lawyers and get a case number. Their phone number is 800-821-6400 and their website is [www.legalplans.com](http://www.legalplans.com). Both options will lead you to the same information, so do what you're comfortable with! Once you find the lawyer you'd like to use, you can just contact them directly and provide them your case number to bill MetLife Legal!

## MetLife Pet Insurance

MetLife Pet Insurance can be used at any veterinarian in the country, so it's up to you to find your local vet! The San Diego County Veterinarian Medical Association offers an online search tool to find vets in their association. This is not a comprehensive list of veterinarians, just a handful. We recommend you do your own research to find the best vet for your pet. After all, depending on the services you need, a different vet might be the better choice.

## Sharp Healthcare

Go to [www.sharphealthplan.com/findadoctor](http://www.sharphealthplan.com/findadoctor). You'll need to select a network for your search: Classic plan is the Value network, Select plan is the Performance network, and Saver plan is the Premier network.

## VSP Vision Care

Head to [www.VSP.com](http://www.VSP.com) and click "Find a Doctor." Enter your information and click "search." Then click "advanced search" and make sure the doctor network is set to "Choice." From there you can refine your search by services, brands, and location.

To find a provider for CIGNA, Delta Dental, Dental Health Services or Kaiser, please consult the plan information available at [www.sandiego.gov/risk-management/flexible-benefits](http://www.sandiego.gov/risk-management/flexible-benefits)