

Find a Vision Provider



MetLife

With MetLife Vision, you can choose from thousands of ophthalmologists, optometrists and opticians at private practices or at popular retail locations like Costco[®] Optical, Visionworks and more. You can find the names, addresses, and phone numbers of providers by searching our online **Find a Vision Provider** directory.

Step 1: Go to www.metlife.com/vision

Step 2: Select Find a Vision Provider

Enter your ZIP Code and select your plan.

Find a Vision Provider

Don't know your plan [?](#)

Go

[Advanced Search](#)

Step 3: Refine Your Search (optional)

Use the Refine Your Search option to locate a provider by frame brand, language spoken or a specific service.

Refine Your Search

Services

- Children Ages 0-3
- Children Ages 3-5
- Extended Hours
- Hard-to-Fit Contacts
- Low Vision
- Safety Eyewear
- Sports Eyewear
- Vision Therapy

[Less Services](#)

Search

[Start Over](#)

MetLife Vision benefits are underwritten by Metropolitan Life Insurance Company, New York, NY. Certain claims and network administration services are provided through Vision Service Plan (VSP), Rancho Cordova, CA. VSP is not affiliated with Metropolitan Life Insurance Company or its affiliates. In certain states, availability of MetLife's Group Vision benefits is subject to regulatory approval. Like most group benefit programs, benefit programs offered by MetLife and its affiliates contain certain exclusions, exceptions, reductions, limitations, waiting periods, and terms for keeping them in force. Please contact MetLife or your plan administrator for costs and complete details.