

# Find a vision provider

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 [metlife.com](https://www.metlife.com)



**Step 2:**  
Select “I want to find a MetLife:”

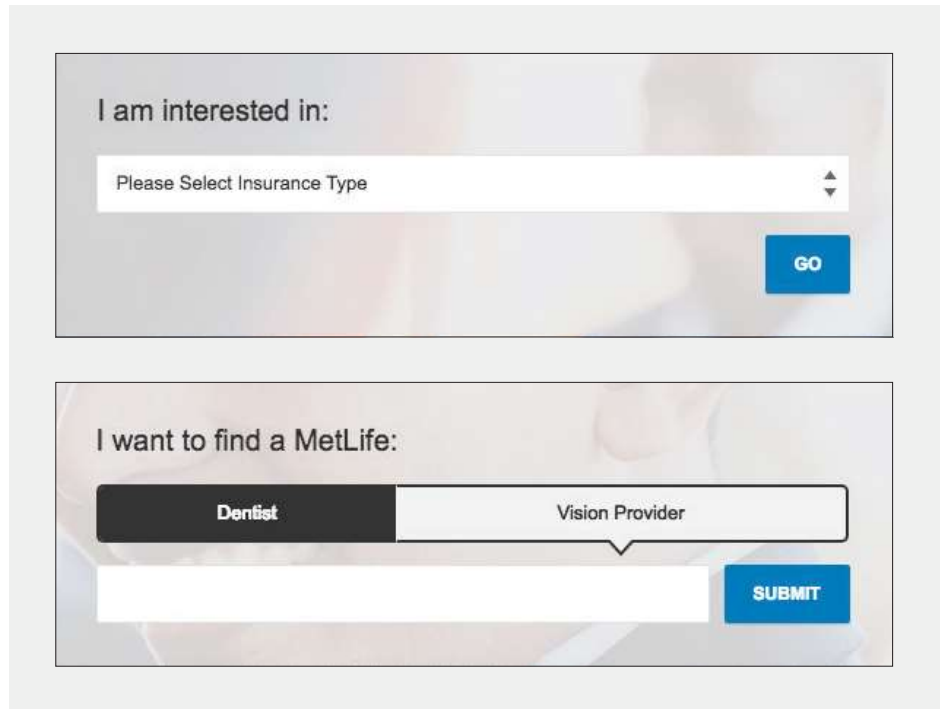
Click “Vision Provider” and enter your ZIP Code, and select your network.

**Please select the MetLife Vision PPO Network**



**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.



The screenshot shows two stages of the search process. The top stage, titled "I am interested in:", features a dropdown menu with the text "Please Select Insurance Type" and a blue "GO" button. The bottom stage, titled "I want to find a MetLife:", shows a selection bar with "Dentist" and "Vision Provider" options, a search input field, and a blue "SUBMIT" button.

Vision benefits are underwritten by Metropolitan Life Insurance Company (MetLife), New York, NY. Certain claims and network administration services are provided through Vision Service Plan (VSP), Rancho Cordova, CA. VSP is not affiliated with MetLife or its affiliates. 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.