

MetLife Dental Insurance Rates

Bi-Weekly Rates for coverage as of July 1, 2026

Provider	Plan	Type Of Coverage	Bi-Weekly Deduction 20 PAY PERIODS Deductions taken from 20 paychecks
MetLife	Low - Option 2	Individual	\$22.09
MetLife	Low - Option 2	Individual + 1	\$45.45
MetLife	Low - Option 2	Family	\$69.96
MetLife	High - Option 1	Individual	\$39.56
MetLife	High - Option 1	Individual + 1	\$81.42
MetLife	High - Option 1	Family	\$125.29