

Travel well

A full suite of Health & Wellness benefits for employees working abroad



Health is always top-of-mind, especially when you're far from home. That's exactly why MetLife Worldwide Benefits offers enhanced health and wellness programs specifically designed for employees and their families working abroad.

From employee assistance to maternity care, MetLife Worldwide Benefits wellness services include:

- International Employee Assistance Program (IEAP)¹
- Remote Second Medical Opinion²
- Telemedicine³
- Online Wellness⁴
- Chronic Disease Management
- Maternity Care⁵
- Health and Wellness Toolkits

Visit [MetLifeWorldwide.com](https://www.metlifeworldwide.com) for a full listing of benefits available.

Go to our website:
[MetLifeWorldwide.com](https://www.metlifeworldwide.com)

To find out more about the complete range of health and wellness services and support MetLife Worldwide Benefits offers, contact your MetLife Worldwide Benefits Account Executive.

MetLife Worldwide Benefits health and wellness



International Employee Assistance Program (IEAP)

Adjusting to life abroad can be a challenge. We'll help your globally mobile employees get acclimated to their location with counseling from highly qualified, licensed professionals.



Remote Second Medical Opinion

Employees can get their diagnosis and treatment plans reviewed by healthcare providers in the U.S. without having to leave their host country.



Telemedicine

Employees and their families can connect directly to licensed medical providers. Quick and easy access for minor illnesses and injuries, general medical advice, and assistance with prescriptions.



Online Wellness

Web-based support and resources to help those living and working abroad. Includes health assessments, content on a variety of health and well topics, podcasts, toolkits, calculators, journals and more.



Chronic Disease Management

Personal health coaches and Case Managers available to help with chronic conditions like asthma, diabetes, coronary artery disease.



Maternity Care

Pregnant employees or dependents can receive trained assistance by phone on topics such as nutrition and maternity education.



Health and Wellness Toolkits

Available exclusively through MetLife, these online toolkits cover everything from lifestyle changes to smoking cessation to fighting colds and flus.

Learn more

Contact your MetLife Worldwide Benefits Account Executive.

1. International Employee Assistance Program provided through vendor not affiliated with MetLife.
2. Remote Second Medical Opinion services provided through vendor not affiliated with MetLife.
3. Telemedicine services are provided through vendor not affiliated with MetLife.
4. Service provided through vendors not affiliated with MetLife.
5. Subject to applicable legal, contractual, and regulatory restrictions.

MetLife's Worldwide Benefits products are underwritten by Delaware American Life Insurance Company, a MetLife affiliate domiciled at 600 North King Street, Wilmington, DE 19801, and other affiliates.

