

## Metropolitan Life Insurance Company, New York, NY

**INSTRUCTIONS TO POLICYHOLDER/RECORDKEEPER:** Complete this Notice and provide a copy to the employee when group coverage terminates or reduces. If coverage has been assigned, provide notice to the Assignee. If an Accelerated Benefits Option claim was paid, show the remaining amount of coverage following payment. Fax a file copy of this Notice to MetLife at 1-888-422-4272, or send via e-mail to [solutions@metlife.com](mailto:solutions@metlife.com).

**INSTRUCTIONS TO ELIGIBLE PERSON:** Upon termination or reduction of group insurance, you may convert your coverage to an individual life insurance policy, which will be issued without medical examination if you apply for it and pay the required premium within the application period.

**APPLICATION PERIOD:** The application period is based on the date your group coverage terminates and the date of this Notice. Generally, you have 31 days from the date group coverage ends to apply for conversion. However, if this Notice is dated more than 15 days from date of termination, your application period is extended for an additional 15 days. If the 15-day extension applies to you, it will not exceed more than 91 days from the date group insurance was terminated.

The conversion application period is time-sensitive. If you are interested in converting your group coverage, you must meet with a licensed MetLife Financial Services Representative and complete an application. Call 1-877-ASKMET7 (1-877-275-6387) or e-mail [solutions@metlife.com](mailto:solutions@metlife.com) to begin this process. Please provide a copy of this Notice to the representative when you meet. If your application is approved, the individual policy will be issued on the 32nd day following termination of group coverage, regardless of the date of application.

***This Notice is not a conversion application or policy***

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