MetLife

✓ Print your ID card
✓ Find a provider
✓ Change assigned provider

Link: https://mybenefits.metlife.com

You will need to make sure to select the group that you are covered under and click submit.
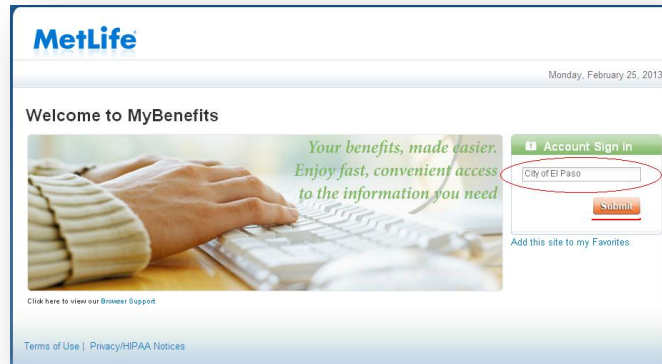
Once you reach the page below you will need to login or create an account if you have not already.
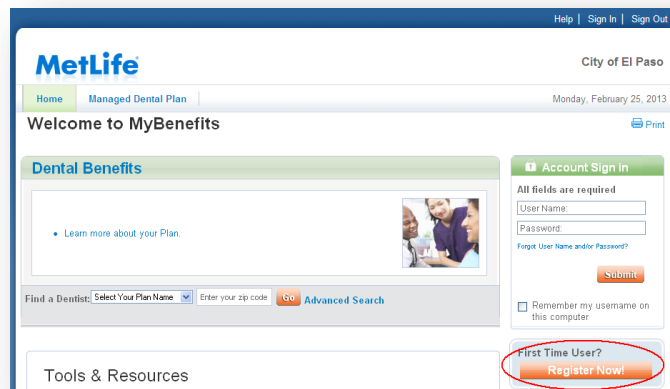
When creating an account you will be asked to enter some personal information. Once you are done, you will be able to login and look up or update your information as needed.