upwise

Meet Upwise

A smart way to choose your benefits.

Start your enrollment with Upwise and get a personalized and comprehensive recommendation

- In 10 minutes or less, you take an interactive survey
- Get recommended benefits from Upwise beyond major medical*
- Submit your benefit elections in [enrollment platform name]



OPEN ENROLLMENT
2026
[DATE] –[DATE]

Scan the QR code to get help with selecting your benefits

*The Upwise decision support tool “Choose” makes recommendations to employees on benefits such as Medical, Dental, Vision, Supplemental Term Life, STD, LTD, Accident, CI (including Cancer plans), HI, and HSA Contributions, Healthcare FSA, Pet, Legal, and Fraud Protection. Employees may have additional benefits or additional services/perks available that don’t factor into Upwise recommendations.

Upwise is offered by MetLife companies (Metropolitan Life Insurance Company, Metropolitan Tower Life Insurance Company, Metropolitan General Life Insurance Company, MetLife Legal Plans, Inc., MetLife Pet Insurance Solutions LLC, and/or MetLife Consumer Services, Inc.) for educational purposes. Upwise uses decision support and benefits engagement software developed by Nayya Health, Inc., including an AI machine learning model that develops recommendations for major medical insurance plans. Your use of Upwise is subject to Nayya's Terms of Service. Recommendations are made by Nayya Health Insurance Center, LLC, a licensed insurance producer, based on information shared or authorized by users and their employers. No representations or warranties are made regarding the recommendations. Users are responsible for making their own decisions about benefits and recommendations should not be relied upon as legal, tax, investment or financial advice. All information will be maintained in accordance with Nayya's Privacy Policy.

© 2026 MetLife Services and Solutions, LLC

L5787049[exp0928][All States and][All Territories]