

# Celebrate the *pawsitive* effects of pet ownership.

And learn how you can manage vet expenses.



## Owning a pet can bring so much joy.

Did you know there's research that suggests pet ownership is good for your physical and mental health? Here's some of what the research revealed:

- **Pets help alleviate stress** – In a recent study, 95% of pet parents reported they rely on their pet for stress relief, and 61% said their pet helped them feel less lonely.<sup>1</sup>
- **Pet owners may have better cardiovascular health** – Having a pet appears to lower the risk of developing high blood pressure and may improve blood pressure control in people who already have the condition.<sup>2</sup> Plus, on average, people who own dogs walk 20 minutes more per day than those who don't.<sup>2</sup>
- **Pets also offer positive benefits for children** – Studies have shown that regular interactions with dogs can lead to lower stress in children, including neurodiverse children with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).<sup>3</sup>
- **Pets keep people connected** – Many conversations can begin with a daily pet walk or a trip to the dog park. If you live alone, a pet may be helpful for companionship and expanding your social circle.<sup>2</sup>



### Did you know?

Routine veterinary care for a dog averages over \$423 per year, and one-time vet costs (spay/neuter and emergency care) average over \$800.<sup>4</sup>

MetLife Pet Insurance can help you manage the routine—and not-so-routine—costs of vet care.

See the reverse side for details.



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Explore coverage options at  
[metlifepetinsurance.com/bowman](https://www.metlifepetinsurance.com/bowman)

Questions? Call 1-800-GET-MET8 (1-800-438-6388)

## Help manage the cost of your pet's vet care.

Your pet is part of your family, and you'll do whatever it takes to care for them. MetLife Pet Insurance can help protect your finances as you care for your furry best friend.

- Choose from flexible insurance plans with no breed exclusions
- Visit any licensed U.S. veterinarian and be reimbursed<sup>5</sup> up to 90% of the cost of services
- Access 24/7 live vet chat<sup>6</sup> for immediate assistance

**MetLife Pet's standard plan** helps cover the costs related to injuries and illnesses. This plan typically covers:



**Accidents and injuries**



**Procedures and diagnostics**



**Exams and treatments**



**Illnesses and conditions**



**Holistic and alternative therapies**

**MetLife Pet's optional Preventive Care coverage** enhances standard plans with wellness coverage for regular care. This add-on benefit typically covers:

- Wellness exams
- Vaccinations
- FeLV test
- Flea, tick and heartworm medications
- Teeth cleaning
- Fecal test
- Spay or neuter
- Blood panel
- Heartworm test



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1. "New survey: 95% of pet parents rely on their pet for stress relief," June 20, 2022, American Heart Association, <https://newsroom.heart.org/news/new-survey-95-of-pet-parents-rely-on-their-pet-for-stress-relief>
2. "The heartfelt benefits of pet ownership," December 1, 2022, Harvard Health Publishing, <https://www.health.harvard.edu/heart-health/the-heartfelt-benefits-of-pet-ownership>
3. "How Therapy Dogs Can Help Kids With Stress Relief," June 22, 2023, The New York Times, <https://www.nytimes.com/2022/06/15/well/family/therapy-dogs-kids-stress.html>
4. "The Cost of Owning a Dog," 2024, American Kennel Club, [The Cost of Owning a Dog – American Kennel Club \(akc.org\)](https://www.akc.org/news/the-cost-of-owning-a-dog/)
5. Reimbursement options include: 50%, 70%, 80% and 90%. Pet age restrictions may apply.
6. Virtual veterinary services are available through the MetLife Pet App and are provided entirely by AskVet, a third-party partner; MetLife is not responsible for any pet guidance or advice provided or taken. Veterinarians providing virtual veterinary services cannot prescribe medication or answer questions about the pet policy.

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