

# Make the most of your dental benefits to help keep your whole body healthy

Did you know that many chronic illnesses, such as diabetes, cancer, and heart disease, can first show symptoms in the mouth, head, or neck?<sup>1,2</sup> Not only that — certain conditions such as infections, cavities, severe gum disease, and tooth loss can have a big impact on your overall health and quality of life. If you can catch these problems early, they may be easier to treat and less costly.

## How to use your dental benefits

### A good dental plan is great for your health

Your Anthem dental plan provides:



**100% coverage for most preventive and diagnostic services**, including regular cleanings and X-rays.

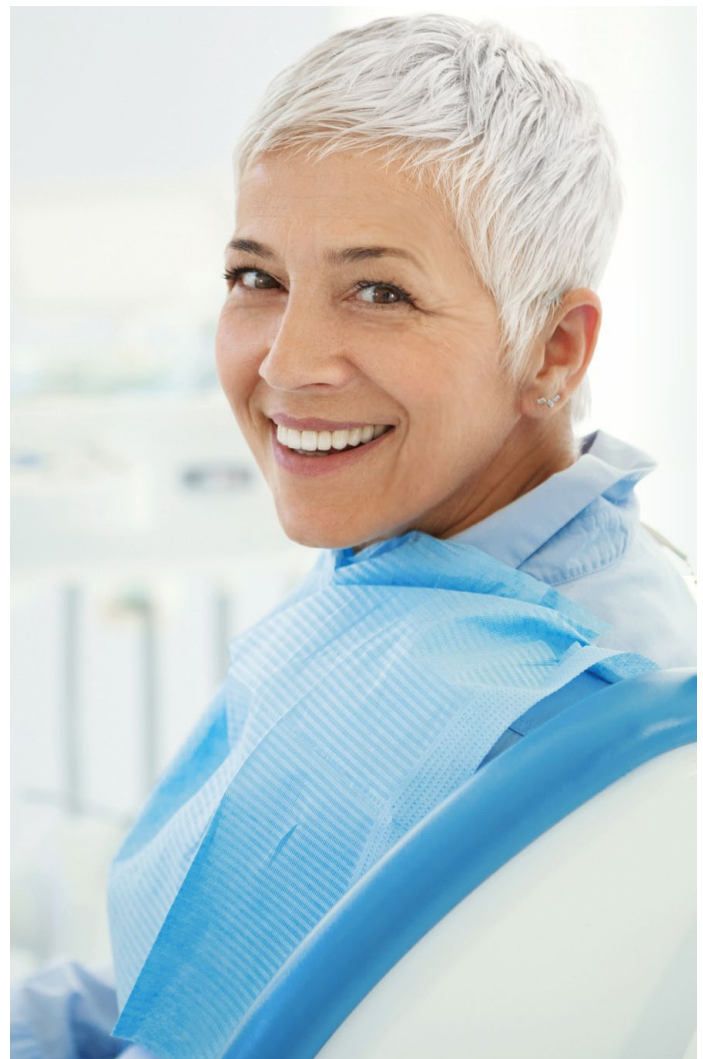


**Coverage for additional services, such as extra periodontal cleanings for gum health**, if you're enrolled in certain care management programs.

### Using dentists in your plan's network can help you save

You can save time and money three ways:

1. We negotiate rates with network dentists, so they usually charge less.
2. You can't be billed for the difference if a dentist in your plan's network charges more than what we pay.
3. Dentists in your plan's network will file claims for you.



Nearly

**1 in 2  
Americans**



over age 30 have gum disease, which is linked to other serious health issues<sup>3</sup>

Anthem 



## Finding a dentist in your plan's network

1. [Visit unicare.com/find-care/ to Find Care.](https://unicare.com/find-care/)

2. To initiate a search:

- Guests may choose **Basic search as a guest**.
- Members have two options:
  - **Log in for Personalized Search**
  - **Use Member ID for Basic Search** to search without logging in
- Use the drop-down menu to **Select the type of plan or network** and choose **Dental Plan** or **Network**.
- Use the drop-down menu to **Select the state where the plan or network is offered**.
- Use the drop-down menu to **Select how you get health insurance** to select **Dental**.
- Use the drop-down menu to **Select a plan or network** and choose **Dental 100/200/300 Access**.
- Select **Continue**.



### We're here to help

If you have questions, call the Member Services number on your member ID card.

3. There are several ways to search once your details have been entered.
  - Enter city, county, or ZIP code.
  - Enter a dentist by name or specialty in the search bar.
  - Search by Care Provider. Select the icon of the type of dental provider you're interested in.
4. View your search results.

## Accessing emergency dental care

If you don't have a primary care dentist or they are not available, contact The TeleDentists® for a virtual dental visit. They offer secure video visits with board-certified dentists 24/7, 365 days a year, through a computer, tablet, or smartphone. You can find a TeleDentist using the **Find Care** tool.

## Getting an estimate before treatment

An estimate for your care will give you an idea of what's covered under your plan and what you may have to pay. It's especially helpful if you are considering major procedures, such as dentures, crowns, or gum disease treatment.



<sup>1</sup> Mayo Clinic: *Oral health: A window to your overall health* (accessed November 2022); [mayoclinic.org](https://mayoclinic.org)

<sup>2</sup> American Dental Association: *Cancer (Head and Neck)* (accessed November 2022); [ada.org](https://ada.org)

<sup>3</sup> Centers for Disease Control and Prevention: *Periodontal Disease* (accessed November 2022); [cdc.gov](https://cdc.gov)

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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