# Online and mobile dental tools help you get the whole picture

It's easy to get more out of your dental plan







You want to make good dental care decisions. *Smart!* Your plan has free online dental tools to help you do that.

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## More convenience

#### So, where do you start? How about with your dental health habits and the **Dental Health Assessment** tool.

#### Get your dental health score

Just answer a few online questions about your habits like brushing and flossing and how often you see the dentist. After you do, you'll get an easy-to-follow traffic light scoring report so you know where you stand and what to do about it.

*Why?* Dental health problems like gum disease are common and can lead to more serious problems, like losing a tooth. Knowing your score helps you understand your dental health and your risk of getting tooth decay, gum disease and mouth cancers. You can even take your report to your next dental appointment.

## Check out the easy-to-understand personalized dental report

Log in to the Anthem Member Services website address on your ID card or your Anthem mobile app. Take the **Dental Health Assessment** and discover your dental health score, like this one:



### More care

Now you know your dental health score, but you've probably got questions. Where can you get answers?

#### O Ask a Hygienist

You can email **Ask a Hygienist** your dental questions at no extra cost to you. You'll get answers quickly and privately by email in about 24 hours from one of a team of licensed dental professionals with expertise on how to help prevent and treat diseases of the mouth. They can even offer dental health tips.



## More savings

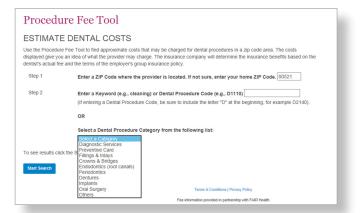
# Need dental care? Want to find out what it'll cost before you go?

#### S Help estimating costs ahead of time

You're careful about what you spend money on — and about saving money, too! So you shop for the best value. With the **Dental Care Cost Estimator** tool, you can estimate the costs for common dental procedures and treatments and compare them for dentists and providers in your network before you get care. That way, you can make informed choices and save money.

#### Try out the Dental Care Cost Estimator

#### Just go to the tool and start your search.



#### Get an estimate for what you'll pay.

ESTIMATE D	DENTAL CO	DSTS		
lisplayed give you an	idea of what the pr	oximate costs that may be charged for den ovider may charge. The insurance compare employer's group insurance policy.		
Procedure Fee Tool		ist's office is located outside the zip code indicate	d above.	
B0521 Change				
00021	Fees by ZIP Code	Description	Fee Range *	In-Network Fee
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Procedure Codet (CDT-14)	Category Preventive	Description Teeth cleaning, adult	\$87 - \$97	\$59
Estimate Procedure Procedure Codet (CDT-14) D1110 D1120	Category Preventive Preventive	Description Teeth cleaning, adult Teeth cleaning, child	587 - 597 564 - 569	\$59 \$41

#### Ready to try out these tools?

Log in to the Anthem Member Services website address on your ID card or your Anthem mobile app.

#### Zoom in to get more:

Care. Convenience. Choices. Savings.

#### Zoom out for the big picture:

What's going on in your mouth could be a sign for what's going on elsewhere in your body – **90%** of the body's diseases show signs and symptoms in the mouth.\*



#### Your dental plan is about more than teeth.

It's about caring for the whole body. Want to learn more? Log in to the Anthem Member Services website address on your ID card or your Anthem mobile app.

- Find a dentist in your plan.
- Order extra ID cards.
- Get the status of a claim.
- Learn ways to get more from your plan.

\* Academy of General Dentistry Know Your Teeth website: InfoBites - Importance of Oral Health to Overall Health (accessed January 10, 2018): knowyourteeth.com.

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