



# See the dentist. We insist!

It's one of the best ways to take care of your whole body.

When you think of a trip to the dentist, is it about getting your teeth cleaned, checking for cavities or fixing a chipped tooth? That's all important, but did you know that more than 90% of all diseases that affect your body can show signs and symptoms in your mouth?<sup>1</sup> Makes going to the dentist even more important.

## More than just teeth — it's caring for all of you

Getting regular dental checkups can help find early warning signs of some health problems. That means you can get any health care you need — sooner. So go ahead and use your dental benefits to get **more** out of your plan!

## A good dental plan is all about the benefits

Here's the big picture of what your benefits cover:

- Most preventive and diagnostic services at 100%. That includes things like regular cleanings and X-rays.
- More dental services, including an extra periodontal cleaning if you're enrolled in certain care management programs.
- Discounts through SpecialOffers@Anthem<sup>SM</sup>. Discover more than 50 discounts on products and services that promote better health and well-being.



**98% of members can reach a dentist close to home or work<sup>2</sup>**

**You don't have to go far to find a dentist**

They're usually nearby, so you shouldn't have any trouble finding one.

## You can use dentists in your plan to save big!

You'll save money two ways:

1. We set pricing rates with dentists in your plan, so they usually charge less.
2. If, for some reason, a dentist in your plan charges more, you can't be billed for the difference between what we pay and what was charged.

Plus, you'll save time and hassles because dentists in your plan file claims for you.

## Ready to see a dentist?

Great! It's easy:

- Search for a dentist online with the *Find a Doctor* tool. Remember, you could save out-of-pocket costs by choosing a dentist in your plan.
- Make an appointment.
- Show the office staff your member ID card.
- Pay your plan deductible or copay.

## Website tools help you get the most from your plan

Want to learn more? Use the website that's on your member ID card or our Anthem Anywhere app to:

- Find a dentist in your plan.
- Order extra ID cards.
- Find out the status of a claim.

You can also go to the website on your member ID card to:

- Get a health score for your gums and teeth, using our *Dental Health Assessment* tool. You'll find out your risk for mouth cancer. Be sure to talk to your dentist about your results.
- Email a dental hygienist your dental questions through our *Ask a Hygienist* tool. There's no extra cost and you'll get answers quickly and privately by email in about 24 hours.
- See how much a treatment may cost with our *Dental Care Cost Estimator*, so you're prepared before you see the dentist.

**If you've still got benefit questions or need help using your plan, we're here for you. You can:**

- **Call the Customer Service number on your ID card.**
- **Visit the website that's on your ID card.**
- **Download the Anthem Anywhere mobile app.**

<sup>1</sup> Academy of General Dentistry Know Your Teeth: *Warning Signs in the Mouth Can Save Lives* (January 2012): knowyourteeth.com.  
<sup>2</sup> Internal data, 2015.

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