

# Elevate your smile

## 7 ways to make the most of your dental plan



### 1 Save with PPO.

Choose a PPO dentist to maximize your savings. These dentists have agreed to reduced fees, and you won't get charged more than your expected share of the bill.<sup>1</sup> Find a PPO dentist at [deltadentalins.com](https://deltadentalins.com).

### 2 Create an online account.

Check your coverage and get a cost estimate at [deltadentalins.com](https://deltadentalins.com). If you'd like an ID card, you can view or print one online. To save time and paper, update your settings to paperless. You'll receive an email when a new dental benefits statement is available.

### 3 Seek diagnostic and preventive care.

Your plan covers regular exams and cleanings at low or no cost to help catch problems before they require costly, extensive treatment. Overall health can affect your dental health, from hypertension to pregnancy. Start each dental visit with a quick chat about any issues or medications.

### 4 Coordinate benefits.

Are you covered under a second dental plan? Ask your dentist to include information about both plans with your claim, and we'll handle the rest.<sup>2</sup>

<sup>1</sup> You can still visit any licensed dentist, but your out-of-pocket costs may be higher if you choose a non-PPO dentist. PPO dentists won't bill you for any amount over their PPO fees. You are responsible for any applicable deductibles, coinsurance, amounts over annual or lifetime maximums and charges for non-covered services. Out-of-network dentists may bill the difference between their usual fee and Delta Dental's maximum contract allowance.

<sup>2</sup> Group- and state-specific exceptions may apply. Please review your plan booklet for details about coordination of benefits, including rules for determining primary and secondary coverage.

## 5 Stay informed.

Get oral health tools and tips at [deltadentalins.com/wellness](https://deltadentalins.com/wellness). Don't forget to subscribe to *Grin!*, our free dental wellness e-magazine.

## 6 Go virtual.

Can't get to the dentist? Try teledentistry. Photo-based app **Toothpic** and video platform **Delta Dental - Virtual Consult** let you have a remote consultation with a Delta Dental dentist.<sup>3</sup> Get started at [deltadental.toothpic.com](https://deltadental.toothpic.com) or [deltadentalvirtualconsult.com](https://deltadentalvirtualconsult.com).

## 7 Save on laser eye surgery and hearing aids.

As a Delta Dental member, you can save as much as 50% on LASIK procedures and over 60% on hearing aids.<sup>4</sup> Call QualSight at **855-248-2020** and Amplifon at **888-779-1429**.

<sup>3</sup> You can receive a virtual assessment as a covered benefit if you have 100% coverage for exams. Frequency limitations for diagnostic exams do not apply to virtual exams. Virtual Consult is available in AL, CA, DC, DE, FL, GA, LA, MD, MS, MT, NV, NY, PA, TX, UT and WV. Dentist availability may vary by state. Appointments are subject to schedule availability.

<sup>4</sup> Vision corrective services and Amplifon's hearing health care services are not insured benefits. Delta Dental makes the vision corrective services program and hearing health care available to you to provide preferred pricing for LASIK surgery and for hearing aids and other hearing health services.

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## Contact us

Visit [deltadentalins.com/contact](https://deltadentalins.com/contact) or call us. Customer Service representatives are available Monday to Friday.

- Delta Dental of California: **888-335-8227**
- California School District Employees: **866-499-3001**
- Delta Dental of Delaware; Delta Dental of the District of Columbia; Delta Dental of New York; Delta Dental of Pennsylvania (and Maryland); Delta Dental of West Virginia: **800-932-0783**
- Delta Dental Insurance Company (Alabama, Florida, Georgia, Louisiana, Mississippi, Montana, Nevada, Texas, Utah): **800-521-2651**

Delta Dental PPO is underwritten by Delta Dental Insurance Company in AL, DC, FL, GA, LA, MS, MT, NV, TX and UT and by not-for-profit dental service companies in these states: CA - Delta Dental of California; PA, MD - Delta Dental of Pennsylvania; NY - Delta Dental of New York, Inc.; DE - Delta Dental of Delaware, Inc.; WV - Delta Dental of West Virginia, Inc. In Texas, Delta Dental PPO provides a dental provider organization (DPO) plan.

**Legal notices:** Access federal and state legal notices related to your plan: [deltadentalins.com](https://deltadentalins.com) > **Privacy & Legal center**.