



# A dental visit can help improve your overall health

Good dental health is important — and not just for your teeth. Routine dental visits include teeth cleanings and checking for cavities, but they can also be vital for your overall health. That's because they can help find early signs of certain health conditions<sup>1</sup> when they are easier to treat.

## 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.
- Discounts through SpecialOffers for products and services that promote better health and well-being.

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

You can save time and money in three ways:

1. We negotiate rates with dentists in your plan's network, 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.





## How to find a dentist when you need care

- To find a dentist in your plan's network, log in at [anthem.com/ca](https://anthem.com/ca) or use the Sydney Health mobile app. Then, use the **Find Care** tool.
- After you choose a dentist, make an appointment with their office.
- At your appointment, show the office staff your member ID card.
- After your visit, pay your plan deductible or copay.

If you ever need urgent or emergency dental care, call your primary care dentist first. If you don't have a primary care dentist or they are not available, you can contact The TeleDentists for a virtual dental visit. Their information is available on our website through the **Find Care** tool.

## If you have questions about your benefits, we're here to help:

- Call the Member Services number on your member ID card.
- Visit [anthem.com/ca](https://anthem.com/ca).
- Download the Sydney Health mobile app to chat online with a Member Services representative.

## An estimate before treatment can help you plan ahead

You can ask your dentist to submit a pretreatment estimate to Anthem before you receive dental care. This estimate will help give you an idea of what's covered under your plan and what you may be responsible for paying. It's especially helpful if you are considering major procedures such as dentures, crowns, and gum disease treatment.

## Online tools provide access to everything you may need

When you use the [anthem.com/ca](https://anthem.com/ca) website or our Sydney Health app, you can:

- Find a dentist in your plan's network.
- Access your electronic ID card, print a card, or request an email with your card.
- See your dental plan benefits, including how much you have paid toward your deductible.
- Find out the cost of a treatment with our Dental Care Cost Estimator.
- Receive a health score for your gums and teeth by using our Dental Health Assessment tool.
- Email questions and receive answers from a dental hygienist through our Ask a Hygienist tool.
- Find the status of a claim.

Your Anthem plan provides benefits and tools to help take care of more than just your teeth.

1 Academy of General Dentistry. Know Your Teeth. *Oral Warning Signs* (Accessed June 2020): [knowyourteeth.com](https://knowyourteeth.com).  
2 A pretreatment estimate is not a guaranty of benefits or a guarantee of payment of benefits.

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