

Online 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.

More convenience

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

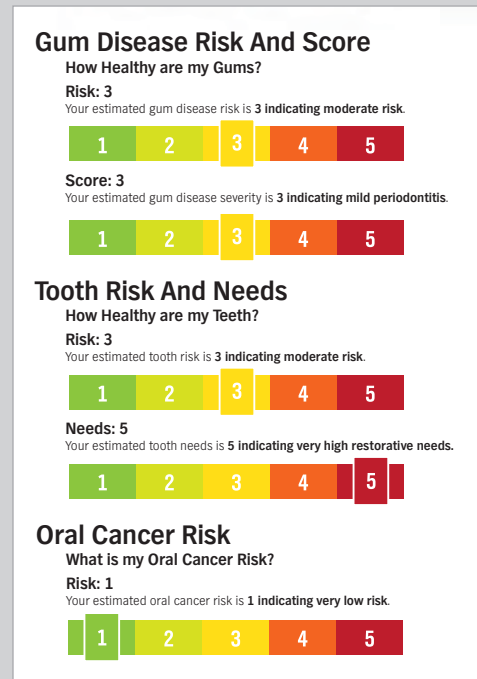
✔ Get your dental health score

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. 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?

🗉 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 online dental hygienists. They're licensed dental experts who clean teeth and help prevent or 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?

🔍 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 web-based 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 online tool and start your search.

Procedure Fee Tool

ESTIMATE DENTAL COSTS

Use the Procedure Fee Tool to find approximate costs that may be charged for dental procedures in a zip code area. The costs displayed give you an idea of what the provider may charge. The insurance company will determine the insurance benefits based on the dentist's actual fee and the terms of the employer's group insurance policy.

Step 1: Enter a ZIP Code where the provider is located. If not sure, enter your home ZIP Code.

Step 2: Enter a Keyword (e.g., cleaning) or Dental Procedure Code (e.g., D1110)

(If entering a Dental Procedure Code, be sure to include the letter "D" at the beginning, for example D2140).

OR

Select a Dental Procedure Category from the following list:

- Select a Category
- Diagnostic Services
- Preventive Care
- Fillings & Inlays
- Crowns & Bridges
- Endodontics (root canals)
- Periodontics
- Dentures
- Implants
- Oral Surgery
- Others

To see results click the [Start Search](#) button.

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Fee information provided in partnership with FARR Health

Get an estimate for what you'll pay.

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Procedure Fee Tool 00521:
1. The procedure fee range will differ if your dentist's office is located outside the zip code indicated above.

Find rates for this procedure in another zip code: [Change ZIP Code](#)

Estimate Procedure Fees by ZIP Code

Procedure Code† (CDT-14)	Category	Description	Fee Range *	In-Network Fee
D1110	Preventive	Teeth cleaning, adult	\$87 - \$97	\$59
D1120	Preventive	Teeth cleaning, child	\$64 - \$69	\$41
D1330	Preventive	Oral hygiene instruction	\$60 - \$60	\$23
D1351	Preventive	Pit & fissure sealant	\$55 - \$66	\$31
D1510	Preventive	Space maintainer, fixed, unilateral	\$318 - \$355	\$203

Ready to try out these tools?

They're all in one place. Log in to the Anthem Member Services website address on your ID card to get started.

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?

Use the website on your member ID card or our Anthem Anywhere app to:

- 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.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc.; HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.