



Brush up on your dental benefits

Your Anthem PPO plan gives you something to smile about

Keeping up with dental checkups is just as important as you age as it was when you were a kid. Regular checkups not only help keep your teeth and gums healthy, but they also can spot early signs of other health conditions.¹ That means going to the dentist can lead to better overall health.

Your dental benefits at a glance

Your Anthem dental benefits include:

- 100% coverage for most preventive and diagnostic care, such as routine cleanings and X-rays, when you see a dentist in your plan's network.
- Coverage for services such as extra periodontal cleanings for gum health if you're part of certain care management programs.
- Virtual dental care through The TeleDentists®.
- Discounts on health-related products and services from SpecialOffersSM.
- Clear aligners for mild-to-moderate teeth straightening through your dental office or Ortho@Home.
- Custom fit, premium replacement dentures through Dentures@Home.

Why it helps to use dentists in your plan's network

Going to a dentist in your plan's network can save you time and money. These dentists have agreed to provide care at discounted rates. If they charge more than what your dental plan pays, they can't bill you for the difference. They'll also file claims for you.

How to get a cost estimate from your dentist

If you need a major procedure, you can ask your dentist to submit a pretreatment estimate to Anthem. This estimate will give you a sense of what's covered under your plan and what you may have to pay out of pocket. It's especially useful if you need major procedures such as dentures, crowns, and gum disease treatment.²

For more information or to find a dentist

- Use the SydneySM Health mobile app, or visit [anthem.com/ca](https://www.anthem.com/ca).
- Call Member Services at the number on your ID card.



How to make the most of your dental plan

Find a dentist, review plan details, and ask questions on the app or online

Your dental plan includes digital tools and resources at no extra cost through our Sydney Health app and [anthem.com/ca](https://www.anthem.com/ca).



Find Care: Search for a dentist in your plan's network by name, location, or specialty using the Find Care feature. You also can look up common dental treatments and compare estimated costs at dentists in your plan's network.



Benefits information: Log in to review your plan benefits, check how much you have paid toward your deductible, find the status of a claim, or access your digital ID card.



Ask the Hygienist: Send a question about your oral health to a dental hygienist and get an answer usually within 24 hours. They can answer questions and offer dental health tips about preventing and treating diseases of the mouth.



Dental Cost Estimator: Gives you a range of estimated costs in your area so you know what to expect to pay before having a treatment or procedure. Also compares estimated costs for dentists in and out of your plan's network.²



Dental Health Assessment: This quiz helps you better understand your oral health and risk factors for tooth decay, gum disease, and oral cancer. You'll receive a personalized report to share with your dentist, along with a dental health score that shows how you're doing and where you may need help.

To start using these digital tools, log in to our Sydney Health app, or visit [anthem.com/ca](https://www.anthem.com/ca).

Virtual dental visits are available

For standard dental care on the go or for an urgent dental issue, contact The TeleDentists for a virtual visit. The cost is the same as an in-office visit. Learn more, or make an appointment at theteledentists.com/anthem.

¹ Academy of General Dentistry, Know Your Teeth, Oral Warning Signs (accessed February 2023); [knowyourteeth.com](https://www.knowyourteeth.com).

² A pretreatment estimate is not a guarantee of benefits or a guarantee of payment of benefits.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.