



DENTAL TOOLS

Manage your dental health easily, in one location

As a Delta Dental member, you have access to a complimentary set of dental tools within an online dashboard to help you manage your dental health.

Find a great dentist

Search for a top-rated professional near you using the Dentist Finder tool. It lets you pick the location, language, evening and weekend hours, and other helpful items.

Check treatment costs

If you think you might need a dental procedure, our dental tools can help you plan. You can use the Cost Calculator to easily check the cost of common procedures, and see if there are ways to save money. No more surprises at your dentist's office!

See your risks

Activate the Risk Assessments tool to discover your personal risk for tooth decay, cavities and gum disease.

Visit now

Log in to your member dashboard on our website and click on the "Dental Tools" tab at the top of the page.

If you do not have an account, you can create one by clicking on "Create an Account" within the login box and inputting your member ID.

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ORAL HEALTH, TOTAL HEALTH

Dental benefits that protect more than just your smile

If you are diabetic or pregnant in your third trimester, the Oral Health, Total Health program offers more ways to care for your teeth and mouth — and keep the rest of your body healthy, too.

If you have diabetes

Diabetes increases the risk of cavities, periodontal (gum) disease, tooth loss, dry mouth and infection. If you have been diagnosed with this disease you are eligible for four prophylactic (preventive) cleanings or periodontal maintenance visits per year through our Oral Health, Total Health program. Protect your teeth and gums by enrolling today.

For details on the Oral Health, Total Health program, refer to the dental Member Handbook or visit Member Dashboard, your personalized member website.

If you're pregnant

Pregnant members who have periodontal (gum) disease are more likely to have a premature and underweight baby. Bacteria can enter the bloodstream through the mouth, and the body's response to the infection can trigger early labor.

If you are expecting, you can enroll in the Oral Health, Total Health program to help prevent gum disease. If you've already had two cleanings for the year, you'll be eligible for another cleaning or checkup during your third trimester. This added preventive (prophylactic) visit is covered regardless of normal plan frequency limits. That way, you can receive a dental cleaning during the third trimester, no matter what.

Learn more and enroll

To enroll in the Oral Health, Total Health program, fill out the form on the reverse side of this sheet or access the form online by logging in to Member Dashboard. Once you've signed in, simply click on "Oral Health, Total Health" in the myHealth tab.

Questions?

We're here to help.
For questions, call our
dental services team toll free.
Oregon: 888-217-2365
Alaska: 888-374-8906

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Oral Health, Total Health enrollment form

To enroll in our Oral Health, Total Health program, please follow the instructions below.

For expectant members, enrolling is a one-step process

If you are pregnant, you can enroll in the Oral Health, Total Health program by calling Delta Dental Customer Service after you have scheduled your third trimester cleaning appointment. Be sure to tell us the date of your appointment. It's that easy.

For diabetics, enrolling is as easy as 1-2-3

- 1 Complete the form below.
- 2 Include proof of diagnosis.
- 3 Mail or fax both to Delta Dental.

Section 1: Insurance information

If you are diabetic and wish to enroll in the Oral Health, Total Health program, complete this enrollment form and fax it — along with proof of diagnosis.

Member name	Subscriber name	Subscriber ID number*
Group (plan) number*	Group name*	

* Find this information on your ID card and through Member Dashboard.

Section 2: Proof of diagnosis

Please select one of the following:

- ☐ I have attached proof of my diabetes diagnosis. *Examples of proof of diagnosis include a doctor's note or a copy of a prescription supporting a diabetes diagnosis.*
- ☐ I have Moda Health medical coverage and have had a claim paid by Moda Health for medical or pharmacy services related to my diabetes. We will verify the diagnosis on your behalf.

Section 3: Authorization

I certify that the information above has been truly and accurately recorded.

Signature	Date
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When is it effective?

Your enrollment will be effective the first of the month after we receive and process both your completed Oral Health, Total Health enrollment form and proof of diagnosis.

Ready to submit? Mail or fax this form to Delta Dental:

Mail: Delta Dental, 601 S.W. Second Ave., Portland, OR 97204 **Fax:** 503-765-3297



TELEDENTISTRY

Dental care, from wherever you are

Teledentistry, a version of telehealth, is the use of telecommunication to have an appointment with a dental provider. It often includes two-way video, telephone, email, text or chat. We have expanded our dental coverage options so that you can receive dental care through teledentistry instead of physically going to see in-network dental providers, when needed.

What can you use a teledentistry visit for?

Teledentistry is a convenient option for those times when you may not need to physically go into a dental office. Following are a few examples of what you can use teledentistry for.

You can use a teledentistry appointment:

- **For an initial evaluation:** If something comes up you would like to ask your dentist about, you can first have a teledentistry appointment to see if the dentist thinks you need to come into the office. The dentist may ask you to take a picture of your mouth and send it before your appointment.
- **For a routine exam when you're unable to have an in-person visit:** Your dentist can take a look inside your mouth via video and talk about anything that may

concern them. They may ask you to use a flashlight or a few other household items to help conduct the exam.

- **For a recent injury:** Teledentistry is a great after-hours option for a recent injury that's not an emergency. Examples include missing fillings, crowns and mouth ulcers.

Scheduling a teledentistry visit

If you have a dental office where you currently receive care, we recommend contacting that office directly to schedule either in-person or virtual appointments. If you do not have an in-network dental provider, you can use our online provider search tool to locate one. Just visit deltadentalor.com/provider/online-tools/provider-search.

Dental services provided by in-network providers via teledentistry are now covered for Delta Dental of Oregon when billed as a class 1 service.

DeltaDentalOR.com

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Gym or home?

Stay active either way.

Staying fit is important to your overall health and well-being.

If you are an eligible Moda Health or Delta Dental member, you can add more physical activity to your day through the Active&Fit Direct program. Simply join a participating fitness center at a discounted monthly fee or enjoy thousands of digital workouts wherever you are.

With the Active&Fit Direct program, you'll get:

- A discounted membership to 16,000+* fitness centers and studios across the country, with no long-term contracts
- The option to switch fitness centers to make sure you find the right one
- 5,500+ digital workout videos so you can work out at home or on-the-go
- The ability to purchase a membership for your spouse or domestic partner

**Choose from 11,000+ standard fitness centers, for just \$25 a month, or 5,000+ premium options, with substantial discounts on most. Fees will vary and apply to each option chosen. Fees include an enrollment fee and applicable taxes.*

Please contact the location of your choice before signing up to see if there are any additional membership conditions or requirements.

Try it out for free!

- Even before you enroll, you can enjoy 200 free digital workout videos. These videos are available for all eligible members.
- Join a variety of workout classes available anytime on YouTube and Facebook, designed for all levels!

Ready to get started?

Visit the web address on your member identification card and log in to your Member Dashboard account. If you do not have a Member Dashboard account, you can create one there. Select Fitness Tools from the Member Dashboard landing page, and follow the link to Active&Fit Direct for more information.



The Active&Fit Direct program is not insurance.

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DELTA DENTAL NETWORKS

Save money on dental visits

Your dental plan lets you see any licensed dentist you want. But when you see a provider in our Delta Dental networks, you'll save money; and visiting a Delta Dental PPO dentist will give you an even better deal.

Choose Delta Dental providers to keep costs low

Your dental plan gives you access to Delta Dental, the largest network of dentists in the nation. You'll find Delta Dental providers close to home and across the country.

Through Delta Dental PPO and Premier networks, we set limits on what dentists can charge for certain services. It's our way of connecting you with great care at even better rates.

You'll save the most when you visit Delta Dental PPO providers. They agree to accept our lowest contracted rates as full payment.

Both Delta Dental networks protect you from 'balance billing' — the practice of billing you for the difference between your dentist's fees and the rates your dental plan will pay.

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What you pay by network

Here's how your network choice can affect your bill:

Delta Dental PPO dentists

- Lowest costs and the most savings
- No balance billing

Delta Dental Premier dentists

- Slightly higher costs with some savings
- No balance billing

Non-Delta Dental dentists

- Higher costs, since dentists don't set fee agreements
- Balance billing

Find an in-network dentist

To locate a provider near you, log in to your Member Dashboard and select "Find Care."

Your dentist's network determines your cost

What you save

What you pay



The share of costs shown in this graphic are samples only. Actual dentist fees and other charges will vary.

Questions?

We're here to help. Call our dental services team toll free.

Oregon: 888-217-2365

Alaska: 888-374-8906

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PASSPORT DENTALSM

Take your smile on the road

No matter where in the world you roam, Passport DentalSM gives you access to great care through your dental plan.

In the states

Wherever you go, your dental plan benefits go with you. Our network, Delta Dental, lets you access more than 394,000 office locations and three quarters of all dentists across the country. You can choose any licensed dentist, but if you work with a dentist in the network, you'll get great care and better plan benefits.

To find a dentist in the U.S., visit our website and click Find Care. Then, search for dentists in all other states. Or, you can call AXA Assistance toll-free at 888-558-2705, 24 hours a day, seven days a week. Just say you're a Delta Dental plan member. An operator will connect you with a dentist in a flash.

Beyond borders

Whether you're traveling to Australia or Zimbabwe, AXA Assistance is there to help you find quality care. Call them collect at 312-356-5971 any time and tell them you're a Delta Dental plan member.

Please keep in mind that dentists outside of the U.S. are not considered participating dentists. Nonparticipating coverage limits will apply.

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Find a dentist

Inside the U.S.:

Call toll-free at 888-558-2705

Outside the U.S.:

Call collect at 312-356-5971 and tell the operator you are a Delta Dental member.

How do I submit a claim?

When traveling outside the U.S., pay for your treatment and request an itemized receipt. Submit your receipt to us for reimbursement after you get home. For faster payment, make sure you include:

- The dentist's name and address, including country
- Member's name and date of birth
- A description of services performed
- Tooth number(s) and tooth surface(s) treated
- Individual charge for each service, and whether those charges were billed in U.S. dollars or another currency

You'll be paid back according to your plan benefits. Please check your Member Handbook for benefit details.

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