



# DELTA DENTAL PPO<sup>SM</sup> : YOUR SMILE IS COVERED

## GO PPO!

You can visit any licensed dentist under this plan, but you'll maximize plan value by selecting a Delta Dental PPO<sup>1</sup> dentist. PPO network dentists have agreed to reduced contracted rates and can't "balance bill" you for additional fees.<sup>2</sup> Find a dentist at [deltadentalins.com](http://deltadentalins.com).<sup>3</sup>

## CONVENIENT ONLINE SERVICES: DELTADENTALINS.COM

- › Create a free Online Services account from your PC or smartphone to view benefits, eligibility and claims status or check average dental costs in your area.
- › Update your dental benefit statement delivery preference: Go paperless!
- › Find a Delta Dental PPO dentist near you.

## SAVE WITH A PPO DENTIST



DELTA DENTAL PPO



NON-DELTA  
DENTAL DENTISTS

## NO ID CARD NECESSARY

Just provide your dental office with your name, birth date and enrollee ID or social security number. Register for Online Services to print an ID card or pull it up on your smartphone at the dentist's office.

## HASSLE-FREE TRANSITION & EASY BENEFITS COORDINATION

New to Delta Dental PPO? This plan covers treatment started and completed after your plan's effective date of coverage.<sup>4</sup> If you're covered under two plans, ask your dentist to include information about both plans with your claim, and we'll handle the rest.

LEGAL NOTICES: Access federal and state legal notices related to your plan: [deltadentalins.com/about/legal/index-enrollee.html](http://deltadentalins.com/about/legal/index-enrollee.html)

<sup>1</sup> In Texas, Delta Dental Insurance Company offers a Dental Provider Organization (DPO) plan.

<sup>2</sup> Enrollees are responsible for any coinsurance, deductible, amount over the plan maximum and charges for non-covered services.

<sup>3</sup> Verify that your dentist is a contracted Delta Dental PPO network dentist before each appointment.

<sup>4</sup> Applies only to procedures covered under your plan. If you began treatment prior to your effective date of coverage, you or your prior carrier will be responsible for any costs. Group- and state-specific exceptions may apply. Enrollees currently undergoing active orthodontic treatment may be eligible to continue treatment under Delta Dental PPO. Review your Evidence of Coverage, Summary Plan Description or Group Dental Service Contract for specific details about your plan.



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**Plan Benefit Highlights for:** El Dorado County

**Group No:** 00353

**Effective Date:** 1/1/2016

**DELTA DENTAL PPO<sup>SM</sup>**

**BENEFIT HIGHLIGHTS**

<b>Eligibility</b>	Primary enrollee, spouse and eligible dependent children to the end of the month that dependent turns age 26		
<b>Deductibles</b>	\$50 per person / \$150 per family each calendar year		
Deductibles waived for Diagnostic & Preventive (D&P) and Orthodontics?	Yes		
<b>Maximums</b>	PPO-Dentists: \$1,600 per person each calendar year Non PPO-Dentists: \$1,500 per person each calendar year		
<b>Waiting Period(s)</b>	Basic Benefits None	Major Benefits None	Prosthodontics None

<b>Benefits and Covered Services*</b>	<b>Delta Dental PPO dentists** In-PPO Network</b>	<b>Non-PPO dentists** Out-of-PPO Network</b>
<b>Diagnostic &amp; Preventive Services (D &amp; P)</b> Exams, cleanings, x-rays, sealants	100 %	100 %
<b>Basic Services</b> Fillings, simple tooth extractions	80 %	80 %
<b>Endodontics</b> (root canals) Covered Under Basic Services	80 %	80 %
<b>Periodontics</b> (gum treatment) Covered Under Basic Services	80 %	80 %
<b>Oral Surgery</b> Covered Under Basic Services	80 %	80 %
<b>Major Services</b> Crowns, inlays, onlays and cast restorations	60 %	60 %
<b>Prosthodontic Benefits</b> Bridges and dentures, implants	60 %	60 %
<b>Dental Accident Benefits</b> No maximum	100 %	100 %

\* Limitations or waiting periods may apply for some benefits; some services may be excluded from your plan. Reimbursement is based on Delta Dental maximum contract allowances and not necessarily each dentist's submitted fees.

\*\* Reimbursement is based on PPO contracted fees for PPO dentists, Premier contracted fees for Premier dentists and program allowance for non-Delta Dental dentists.

Delta Dental of California 100 First St. San Francisco, CA 94105	<b>Customer Service</b> 800-765-6003	<b>Claims Address</b> P.O. Box 997330 Sacramento, CA 95899-7330
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**deltadentalins.com**

This benefit information is not intended or designed to replace or serve as the plan's Evidence of Coverage or Summary Plan Description. If you have specific questions regarding the benefits, limitations or exclusions for your plan, please consult your company's benefits representative.

Visit the Delta Dental website: [deltadentalins.com](http://deltadentalins.com)



We'll do whatever it takes and then some.

### Convenient services and information on our website

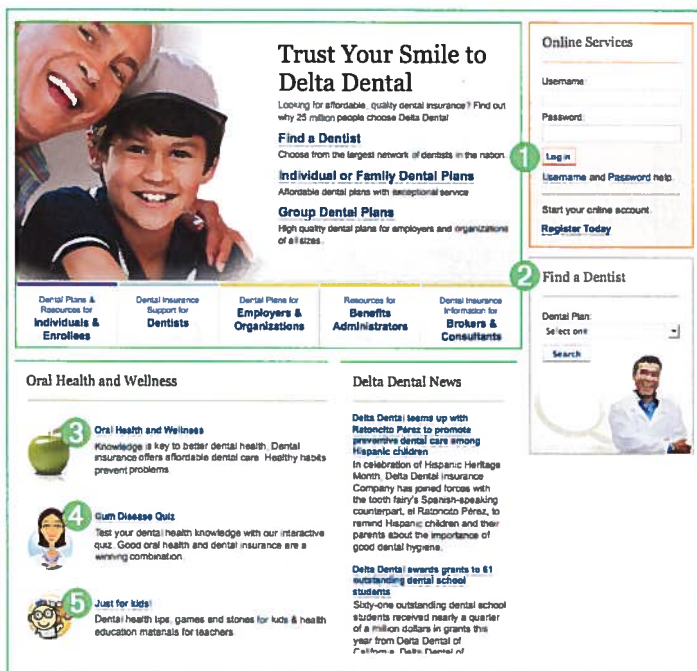
Our website\* makes it easy for you to manage your dental plan. Tools, services, information, forms – you'll find everything you need just a click away.

#### 1 Log in to:

- Check benefits, eligibility and claims status
- Print your ID card
- Find the average cost of a dental procedure in your area

#### 2 Find a dentist:

- Select your plan
- Enter options such as state and ZIP code
- Search for a dentist and link to a map with driving directions



#### 3 Oral health information

Read articles, watch videos, find a glossary of dental terms and subscribe to *Dental Wire*, our free dental health newsletter

#### 4 Oral Health Quizzes

Assess your risk for cavities and gum disease and learn how to prevent them

#### 5 Just for kids

See our kids' website also available at [MySmileKids.com](http://MySmileKids.com)

\* The website [deltadentalins.com](http://deltadentalins.com) is the home of the Delta Dental companies listed on the reverse side and their subsidiaries and affiliates. For other Delta Dental companies, visit the Delta Dental Plans Association website at [deltadental.com](http://deltadental.com).



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## WE KEEP YOU SMILING®

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- More dentists
- Simpler process
- Less out-of-pocket

## Free Newsletter

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## Delta Dental Customer Service

**DeltaCare® USA**  
800-422-4234

**Delta Dental PPO<sup>SM</sup> and  
Delta Dental Premier®**  
Delta Dental of California  
800-765-6003

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

California School District Employees  
866-499-3001

[deltadentalins.com](http://deltadentalins.com)

Delta Dental includes these companies in these states: Delta Dental of California – CA • Delta Dental of Pennsylvania – PA & MD • Delta Dental of West Virginia – WV • Delta Dental of Delaware – DE • Delta Dental of the District of Columbia – DC • Delta Dental of New York – NY • Delta Dental Insurance Company – AL, FL, GA, LA, MS, MT, NV, TX, UT



### 1 Other tools and information:

Visit the “Use Your Dental Plan” page for a helpful plan support guide and answers to frequently asked questions.

- Download and print a claim form
- Find general information about how your plan works
- Get instructions for using our website

### 2 Forms and support:

- Find quick links to claim, grievance and customer service request forms

### 3 Delta Dental en Español:

- Visit a Spanish version of our website

Dental Premier® enrollees, please use the appropriate number listed at the left to call your local Customer Service.

### Q: Can I contact Delta Dental through the website?

A: Yes. You don't have to log in to contact us from the website. Simply click on “Contact us” at the top of the home page and follow the appropriate links for your plan. You'll be presented with a number of contact options, including Online Customer Service Request Forms for specific issues.

### Q: How can I check on the average cost of a dental procedure in my area?

A: Log in by entering your user name and password and click on “Fee Finder” in the main navigation menu.

### Q: How current is the information in the online dentist directory?

A: The “Find a Dentist” directory is updated daily.

### Q: What if I have more questions?

A: For detailed instructions on checking your benefits and eligibility, finding a dentist, printing an ID card and submitting a claim form, visit the “Use Your Dental Plan” page of our website for these and other helpful topics.

### Q: How do I log in to the website?

A: Simply enter your user name and password in the designated boxes and submit. If you don't already have a user name or password, click the “Register Today” link to complete the quick three-step registration process:

1. Select “Enrollee” for your user type.
2. Enter your name and other information in the form.
3. Choose a user name and password to complete your registration.

### Q: What if I have trouble logging in to the website?

A: If you have problems, use the Online Services Login Customer Service Form to contact us for assistance. You can find the form on the “Individuals & Enrollees” page of the website. Scroll down the “Individuals & Enrollees” page to find the Forms box on the right-hand side of the page. You can find the Online Services Login Service Form link at the end of the Customer Service Forms section.

### Q: What if I don't have Internet access?

A: You can check your benefits, eligibility and claim information on our interactive voice response telephone line or speak to a Customer Service agent Monday through Friday by calling Delta Dental toll-free. For DeltaCare® USA enrollees, please call 800-422-4234. For Delta Dental PPO<sup>SM</sup> and Delta

# Pre-treatment estimate: Avoid surprises with a free estimate of your dental costs



We'll do whatever it takes and then some.

## Reasons you might want a pre-treatment estimate:

- If you are having extensive dental work
- To ensure a procedure is covered
- To see if you will exceed your maximum
- If you need to plan your payment in advance

## Make informed decisions about your dental care

If you are thinking about having extensive dental work, you should know about a free service Delta Dental provides to its enrollees called a *pre-treatment estimate* or a *predetermination of benefits*.

A pre-treatment estimate is particularly useful for more costly procedures such as crowns, wisdom tooth extractions, bridges, dentures or periodontal surgery. When your dentist requests a pre-treatment estimate from Delta Dental, you and your dentist will receive an estimate of your share of the cost and how much Delta Dental will pay — before treatment begins.

You can ask your dentist to get a pre-treatment estimate for any procedure, but this service is specifically designed to help estimate the costs of an extensive treatment plan, especially those that are expected to exceed \$300.

Any service may be sent for a pre-treatment estimate if you would like an advance breakdown of the charges and coverage.

## How does a pre-treatment estimate work?

Your dentist sends Delta Dental a proposed treatment plan, along with any necessary x-rays. We then check to be sure

the services are covered by your dental plan. Some dental work may be limited or excluded by your plan, and you will want to know exactly what services are covered before you proceed with treatment. We also calculate how any deductibles, coinsurance and dollar maximum limits might affect your share of the cost. You and your dentist then receive an estimate of the amount we will pay for approved services and the amount you will be responsible for. Pre-treatment estimates usually take about two weeks.

## Why are pre-treatment estimates useful?

Unless the need is urgent, it is worthwhile to find out how much of your treatment is covered, allowing you to plan in advance for your portion of the dental bill.

*Please review your Evidence of Coverage, Summary Plan Description or Group Dental Service Contract for specific details about your plan.*



Socialize with us: [deltadentalins.com/enrollees](http://deltadentalins.com/enrollees)



## WE KEEP YOU SMILING®

Why do 59 million enrollees trust their smiles to Delta Dental?\*

- More dentists
- Simpler process
- Less out-of-pocket

## SmileWay® Wellness Program

Find all of our dental health resources, including a risk assessment tool, articles, videos and a free e-newsletter subscription, at [mysmileway.com](http://mysmileway.com).

## Product administration

Delta Dental includes these companies in these states: Delta Dental of California – CA • Delta Dental of Pennsylvania – PA & MD • Delta Dental of West Virginia – WV • Delta Dental of Delaware, Inc. – DE • Delta Dental of the District of Columbia – DC • Delta Dental of New York, Inc. – NY • Delta Dental Insurance Company – AL, FL, GA, LA, MS, MT, NV, TX, UT

\*Delta Dental of California, Delta Dental of Pennsylvania and Delta Dental Insurance Company, together with our affiliate companies and Delta Dental of New York, Inc., are members, or affiliates of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that together provide dental coverage to more than 59 million people in the U.S.



## Check out our new wellness resource



**The SmileWay Wellness Challenge** provides recommendations for how to participate in the program by taking advantage of the extensive resources available on our SmileWay Wellness site.

### 1. Review your habits

Take one or both of our interactive quizzes to see if you are at risk for cavities or gum (periodontal) disease. When you receive your quiz results, you can sign up to receive customized emails based on your risk level.

### 2. Get educated

Read any of the 100+ articles on dental health-related topics – everything from acid reflux to x-rays. We also have a variety of short videos on specific topics.

### 3. Stay informed

Receive regular dental health tips and information from us by:

- a. signing up for the *Grin!* newsletter (emailed quarterly)
- b. connecting with us on Facebook
- c. following us on Twitter

All of this is accessible from our SmileWay Wellness site at [mysmileway.com](http://mysmileway.com). Bookmark the page so you can refer to it frequently.

## Questions about oral health?

If you've got questions about oral health, be sure to check out our **SmileWay Wellness site** for answers. We've compiled an extensive library of articles on oral health topics from amalgam fillings to x-rays and just about every oral health topic in between.

### Mouth-body connection

- Diabetes and oral health
- Heart disease and oral health
- Men's and women's oral health
- Stress and oral health

### Preventive care

- Brushing and flossing
- Choosing a toothbrush
- Fighting bad breath
- Fluoride

### Emergency care

- Dental care when traveling
- Handling dental emergencies

### Kids & teens

- Baby bottle tooth decay
- Children's oral health
- Teens' oral health

### Seniors

- Dentures
- Seniors' oral health

### Dental treatments

- Amalgam and resin fillings
- Braces
- Dental implants
- Sealants

### Conditions

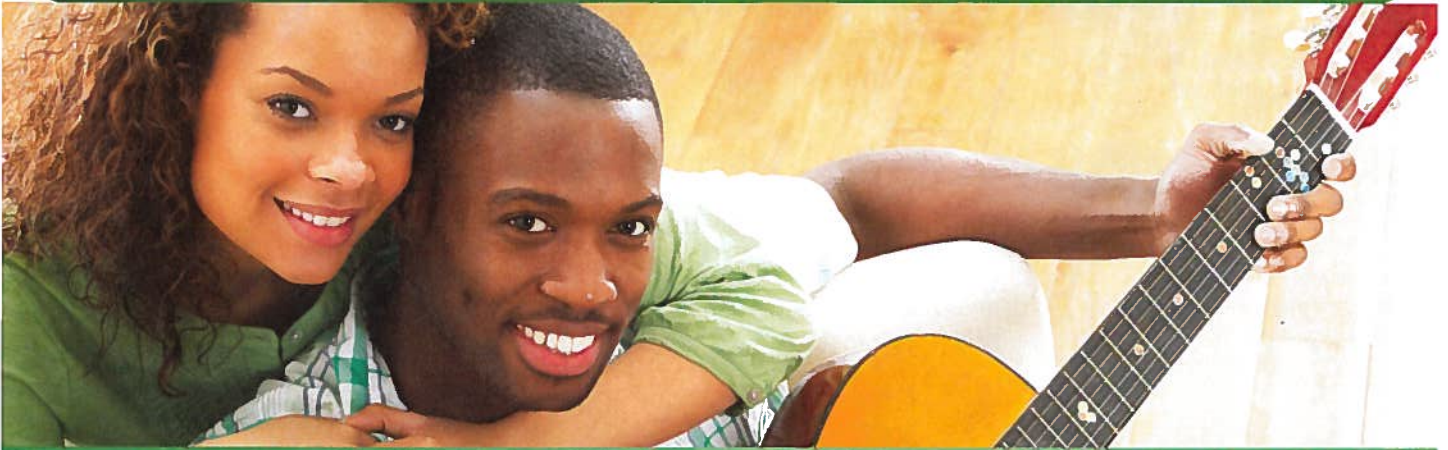
- Dry mouth
- Mouth sores
- Sensitive teeth
- TMJ

### Nutrition

- Diet and diabetes
- Snacking on the go
- Vegetarian diet
- What to eat to keep your teeth

[deltadentalins.com/enrollees](http://deltadentalins.com/enrollees)

# Don't give in to gum disease



We'll do **whatever it takes and then some.**

## What you should know about gum disease

- Three out of four adults in the United States have gum (periodontal) disease.
- Periodontitis is the leading cause of tooth loss in adults.
- Ten percent of American children suffer from juvenile periodontitis.
- The average 2-year-old already has a decayed tooth.

These are shocking statistics when you consider that gum disease is preventable and, if caught early enough, can be treated successfully.

Gum disease is caused by food particles and the sticky, colorless film that adheres to your teeth called plaque.

### Warning signs for gum disease

Gum disease affects 80 percent of American adults, according to the Academy of General Dentistry. Warning signs that you may have gum disease include:

- Red, tender or swollen gums
- Bleeding gums while brushing or flossing
- Gums that seem to be pulling away from your teeth
- Chronic bad breath or a bad taste in your mouth
- Teeth that are loose or are separating from each other

### Prevention starts at home

While regular dental exams are necessary to remove tartar and detect early signs of gum disease, you play the major role in preventing tartar from forming. Here are some measures you can take to keep your teeth for a lifetime:

- Brush for two to three minutes, twice a day, with fluoridated toothpaste. Be sure to brush along the gumline.
- Floss daily to remove plaque from places your toothbrush can't reach. Don't like to floss? Try a floss holder, which can make it easier to insert floss between teeth.
- Although not a substitute for brushing and flossing, a mouth rinse can reduce plaque up to 20 percent. Toothpicks are also helpful in fighting gum disease —ask your dentist about special types designed to keep gums healthy.
- Eat right. Starchy and sugary foods increase plaque, and only a healthy diet provides the nutrients necessary (vitamins A and C, in particular) to prevent gum disease.

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## deltadentalins.com

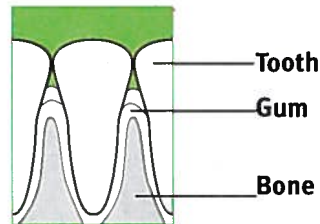
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- Avoid cigarettes and chewing tobacco, which may contribute to gum disease and oral cancer. Certain medications can also aggravate gum disease, including oral contraceptives, antidepressants and heart medicines.
- Have your dentist correct problems, such as faulty fillings, crowded teeth or teeth-grinding.
- Schedule regular checkups — the surest way to detect early signs of gum disease.

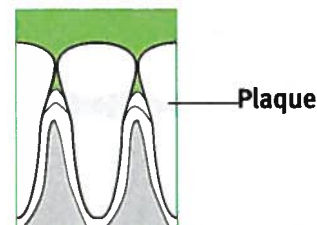
## The phases of gum disease

Because it's usually painless and slow to progress, gum disease can easily reach an advanced stage, resulting in deterioration of gums and bone structure and then tooth loss. So how do you know if you have gum disease?

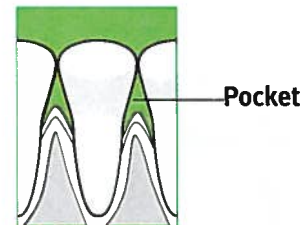
1. **Healthy gums and bone** anchor the teeth in place.



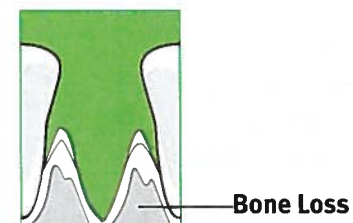
2. If plaque builds up on teeth, it hardens and becomes calculus, or tartar. In **gingivitis**, the early stage of gum disease, warning signs may include swollen, bleeding gums or persistent bad breath. However, most people notice no symptoms at all.



3. **Periodontitis** is a more advanced stage of gum disease and often results from untreated gingivitis. Tartar irritates the gums and causes them to pull away from the teeth, forming pockets that fill with more plaque.



4. In **advanced periodontitis**, the pockets grow deeper, and plaque moves further down toward the tooth root, destroying supporting bone. The affected teeth may become loose and eventually fall out.





# The connection between your oral and overall health



We'll do whatever it takes and then some.

## Regular dental checkups may tell dentists about your overall health

Although seeing a dentist is no substitute for a visit to a physician, regular dental checkups can reveal much about your overall health. If a dentist finds a potential health issue, he or she can refer you to a physician for follow-up.

More than 120 medical conditions, some of them life-threatening, can be detected in the early stages by a dentist. It is well documented that a high percentage of health conditions can have oral symptoms such as swollen or bleeding gums, ulcers, dry mouth, bad breath, metallic taste and various other changes in the oral cavity.

*Scientific American*, for example, reports that current research indicates a relationship between oral and overall (systemic) health. "Systemic" refers to the involvement of many organs or systems of the whole body.

Learn more about the connection between some specific health conditions and oral health and what you can do to promote good oral health for you and your family.

## Heart Disease

Studies have shown that people with moderate or advanced gum (periodontal) disease are more likely to have cardiovascular disease (CVD) or heart disease than those with healthy gums. However, studies have not established that either heart disease or gum disease actually causes the other. This is a difficult task because many of the risk factors for gum disease are the same as those for heart disease. Heart disease disproportionately affects males and people of low income status as well as those who smoke, have a poor diet or have diabetes.

Although gum disease seems to be associated with heart disease, more studies are needed before we can say with certainty what the relationship is. Research has not shown that treatment for one of these diseases will help control the other, but we do know that regular dental checkups, professional cleanings and good oral hygiene practices can improve oral health and that good oral health contributes to good overall health.

## What can you do?

While regular dental exams and cleanings are necessary to remove bacteria, plaque and tartar and to detect early signs of gum disease, you can play a major role in preventing gum disease:

- Brush for two to three minutes, twice a day, with fluoridated toothpaste. Be sure to brush along the gumline.
- Floss daily to remove plaque from places your toothbrush can't reach.
- Eat a healthy diet to provide essential nutrients (vitamins A and C, in particular).
- Avoid cigarettes and smokeless tobacco.
- Carefully follow your physician's and dentist's instructions about health care, including using prescription medications, such as antibiotics, as directed.

## Diabetes

Studies show that people with diabetes are more susceptible to the development of gum (periodontal) disease and other oral health problems than those without diabetes. In addition, research shows that people with diabetes also have more tooth loss. Why? Diabetes can slow the healing process and lower resistance to infections, including oral infections.

Although scientific evidence shows that the state of your oral health is connected to diabetes and diabetic complications, more studies are needed before we can say with certainty what the relationship is. However, we do know that regular dental checkups, professional cleanings and good oral hygiene practices can improve oral health and that good oral health contributes to good overall health.

## What can you do?

Maintenance of good oral health through regular dental visits and appropriate treatment of gum problems is critical for people with diabetes. While regular dental exams and cleanings are necessary to remove bacteria, plaque and tartar and to detect early signs of oral disease, you can play a major role in preventing gum disease and tooth decay.

- Brush for two to three minutes, twice a day, with fluoridated toothpaste. Be sure to brush along the gumline.
- Floss daily to remove plaque from places your toothbrush can't reach.
- Eat a healthy diet to provide essential nutrients (vitamins A and C, in particular).
- Treat dental infections immediately.
- Make sure your dentist knows you have diabetes and share your complete medical history, including any medications you are currently taking.
- Carefully follow your physician's and dentist's instructions about health care, and reduce or eliminate sugars and starches from your diet.

## Cancer

Your dentist should screen for oral cancer and other cancers of the head and neck, including skin cancer, cancer of the jaw bone and thyroid cancer, during routine checkups. He or she feels for lumps or irregular tissue changes in your neck, head, cheeks and oral cavity, and thoroughly examines the soft tissues in your mouth, specifically looking for any sores or discolored tissues. Survival rates greatly increase the earlier oral cancer is discovered and treated. During your next dental visit, ask your dentist to do an oral cancer screening. See your dentist immediately if you observe:

- any sore that persists longer than two weeks;
- a swelling, growth or lump anywhere in or around the mouth or neck;
- white or red patches in the mouth or on the lips;
- repeated bleeding from the mouth or throat; or
- difficulty swallowing or persistent hoarseness.

## What can you do?

Scientists aren't sure of the exact cause of oral cancer. However, the carcinogens in tobacco products, alcohol and certain foods, as well as excessive exposure to the sun, have been found to increase the risk of developing oral cancer. Risk factors for oral cancer may also be genetically inherited.

You can help prevent oral cancer by:

- Not smoking or using spit tobacco
- Limiting your alcohol intake
- Eating plenty of fruits and vegetables

Also, periodic self-examinations can increase your chances of detecting oral cancer, so be sure to examine your face, cheeks, jaw and neck regularly for any changes or lumps.

## Tobacco Use

While most people are aware of the impact tobacco use has on their overall health, some might not consider its effects on oral health, including:

- Increased risk of mouth pain, cavities and gum recession (which can lead to tooth loss)
- Reduced ability to fight infection, including in the mouth and gums
- Slower healing of gum tissue after oral surgery or from injury
- Increased risk of tooth loss (twice that of non-smokers)
- Increased risk of needing root canal treatment (twice that of non-smokers)
- Increased risk of gum (periodontal) disease (50 percent more cases than non-smokers)
- Reduced effectiveness of gum disease treatments
- Children exposed to tobacco smoke may have delays in the formation of their permanent teeth.

## What can you do?

If you are a smoker or a parent with a child or teen who you suspect may be using tobacco, you can start by understanding that tobacco dependence is a nicotine addiction disorder with physical, sensory, psychological and behavioral aspects that need to be addressed in order to break the habit.

To help you kick the habit, your dentist or physician may prescribe a variety of nicotine replacement therapies, such as a transdermal nicotine patch or chewing gum.

All parents, even those who do not use tobacco, should educate themselves and their children about the dangers of smoking.

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## Pregnancy

During pregnancy, hormonal changes may increase the risk of gingivitis, or inflammation of the gums. Symptoms include tenderness, swelling and bleeding of the gums. Without proper care, these problems may become more serious and can lead to gum (periodontal) disease. If you notice any changes in your mouth during pregnancy, see your dentist.

Some recent research suggests a link between gum disease and pre-term, low-birth weight babies. However, other studies indicate that treatment of gum disease does not significantly alter gestational term or birth weight. Though findings are inconclusive and further research is needed, we do know preventive dental care during pregnancy improves both oral and overall health and is safe for both mother and child.

### What can you do?

- Brush twice daily and floss at least once a day — these basic oral health practices will help reduce plaque buildup and keep your mouth healthy.
- Call your dentist to make an appointment to have your teeth professionally cleaned. Your dentist will also assess your oral health and map out a dental plan for the rest of your pregnancy.
- The American Dental Association recommends avoiding routine or elective x-rays during pregnancy.
- What you eat during your pregnancy affects the development of your unborn child — including your baby's teeth — so it's important to eat nutritious, well-balanced meals and make nutritious food choices, such as fresh fruits, raw vegetables and dairy products.

## Take control of your oral health

Visiting a dentist regularly can help you maintain your oral health. A dentist's exam may detect poor nutrition and hygiene, as well as provide clues to your overall well-being.

It is important for you and your family to provide your dentist with complete medical and dental histories and to inform your dentist of any recent health developments, including the use of over-the-counter medications and diet supplements, even if they seem unrelated to oral health. Some health conditions may affect how dental care is provided.

You can also educate yourself about the relationship between oral and overall health by subscribing to our e-newsletter, *Dental Wire*, (see sidebar) or visiting the oral health section of our website.

# Delta Dental on the go: deltadentalins.com



We'll do whatever it takes and then some.

## Go mobile for convenient services and fast, easy access to your information

Our mobile website makes it easy and convenient for you to access multiple functions. The tools that you use most are streamlined so you can get what you need on the go — with just a few clicks.

Delta Dental's mobile Online Services: It's easy to view and interact with us on your smartphone. Reduce phone calls and save time — the information you need is at your fingertips!

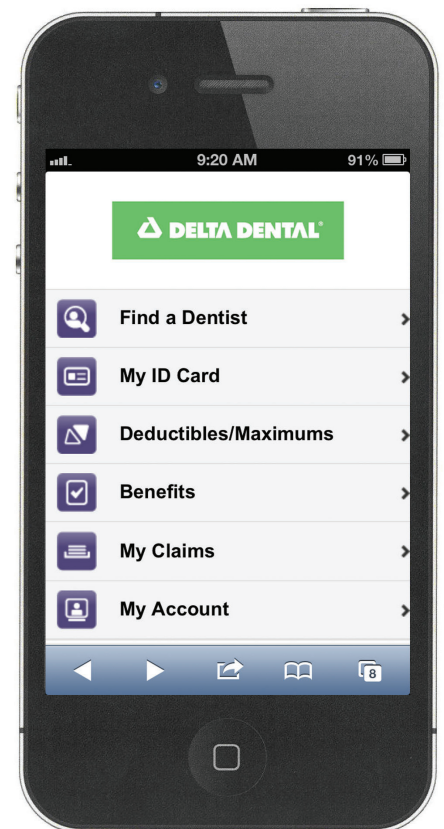
### Find a dentist:

- Returns dentists closest to you, using your phone's location services.
- Choose between Delta Dental PPO<sup>SM</sup> and Delta Dental Premier<sup>®</sup> (our open network plans) and DeltaCare<sup>®</sup> USA (our closed network plan).

### PPO and Premier enrollees,\* log in to:

- Check benefits, eligibility, deductibles and maximums. Search for benefits by keyword or procedure code.
- Check claims status and claims history.
- View your ID card — pull it up at your dentist's office.
- Go paperless. Choose "Receive Statements Online" under "My Account."

Don't forget to bookmark or add a home page shortcut to our mobile website, so you can easily come back in just one tap.



\*Benefits, eligibility and claims information are not currently optimized for enrollees in DeltaCare<sup>®</sup> USA plans, but can still be accessed from your smartphone.



Socialize with us: [deltadentalins.com/enrollees](http://deltadentalins.com/enrollees)



## ABOUT DELTA DENTAL

**DeltaCare® USA**  
**800-422-4234**

**Delta Dental PPO<sup>SM</sup> and  
Delta Dental Premier®**  
Delta Dental of California  
**800-765-6003**

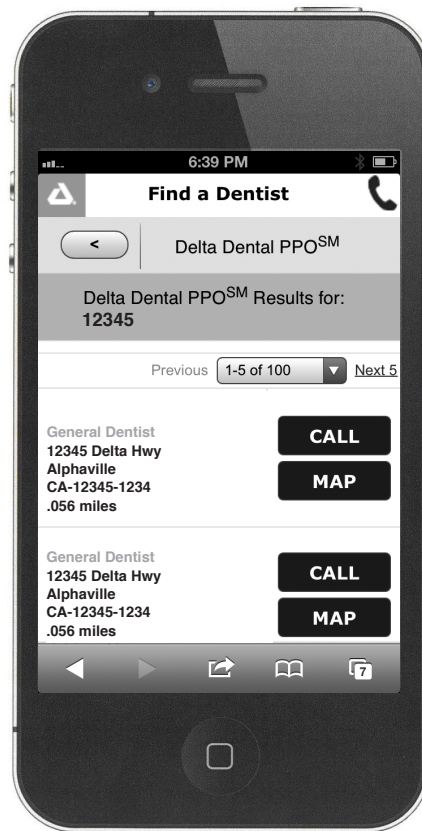
Delta Dental of Delaware, Inc.  
Delta Dental of the District of  
Columbia, Inc.  
Delta Dental of New York, Inc.  
Delta Dental of Pennsylvania  
(and Maryland)  
Delta Dental of West Virginia  
**800-932-0783**

Delta Dental Insurance Company  
(Alabama, Florida, Georgia,  
Louisiana, Mississippi, Montana,  
Nevada, Texas, Utah)  
**800-521-2651**

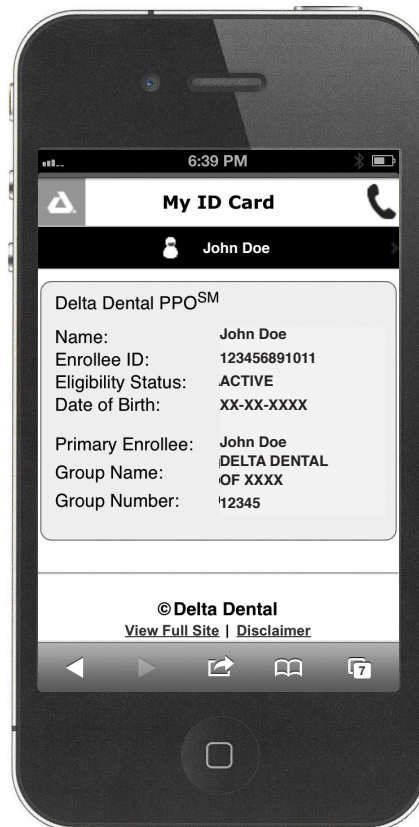
California School District Employees  
**866-499-3001**

Our Delta Dental enterprise includes these companies in these states:  
Delta Dental of California – CA •  
Delta Dental of Pennsylvania – PA &  
MD • Delta Dental of West Virginia –  
WV • Delta Dental of Delaware, Inc.  
– DE • Delta Dental of the District of  
Columbia, Inc. – DC • Delta Dental  
of New York, Inc. – NY • Delta Dental  
Insurance Company – AL, FL, GA, LA,  
MS, MT, NV, TX, UT. These enterprise  
companies are members, or affiliates  
of members, of the Delta Dental  
Plans Association, a network of 39  
Delta Dental companies that together  
provide dental coverage to more than  
59 million people in the U.S. The  
website [deltadentalins.com](http://deltadentalins.com) is the  
home of the Delta Dental companies  
listed above. For other Delta Dental  
companies, visit the Delta Dental  
Plans Association website at  
[deltadental.com](http://deltadental.com).

## Find a dentist



## View ID card



## Manage your account

