

Healthy teeth and eyes, healthy body

Did you know that more than 90 percent of all common diseases have oral symptoms[‡] or that eye exams can often detect serious chronic conditions such as diabetes, hypertension, and high cholesterol*?

It's a fact that periodontal (gum) disease is linked to other serious health risks such as osteoporosis, heart disease, stroke, and diabetes.[†] When you keep your mouth healthy, you're also keeping your body healthy.

Regular dental checkups can help prevent expensive procedures. Maintaining your dental health with a Blue Shield dental plan[‡] is the smart and affordable way to protect yourself against costly professional care.

Routine eye exams can also help detect both eye and systemic health issues* that, when detected early, can be managed more effectively – with less costly treatments and a better chance for a healthy outcome. That's why we offer a dental + vision plan package called Specialty Duo^{SM‡,4,8} combining comprehensive dental and vision coverage to give you the additional protection that both your mouth and eyes deserve.[‡]

Making it easier

Blue Shield can be your single-source provider for medical, dental, and vision coverage.

A Blue Shield dental plan can be obtained with or without a Blue Shield Medicare Advantage HMO plan at any time during the year. You're not limited to the Annual Enrollment Period.

For more information on the dental plans or the dental + vision package, visit blueshieldca.com/dental.

It takes just a moment to see what a great value our dental plans offer.

Questions: 916-682-1117

Dental plans for all ages

Plan data reflect costs and benefits if services and supplies are provided by a network provider.^{1,9}

Plan	Specialty Duo dental + vision package ^{2,3,4,8}	Dental PPO ^{2,3}	Dental HMO ^{3,6}
Waiting periods			
Diagnostic and preventive services	0 months	0 months	0 months
Basic services	3 months	3 months	0 months
Major services	12 months	12 months	0 months
X Premium per month	Member pays	Member pays	Member pays
Single premium	\$54.13	\$41.39	\$19.78
Adult and spouse/domestic partner	\$112.24	\$83.85	\$39.35
Calendar-year deductible	\$50	\$50	\$0
Calendar-year benefit maximum per person ⁵	\$1,000	\$1,000	Not limited
Benefits – using in-network dentists			
Diagnostic and preventive care for annual exam and six-month checkup			
Annual exam, cleanings, X-rays	\$0	\$0	\$0
Basic services help keep your teeth healthy			
Composite filling, 1 surface (resin) (D2330)	\$37	\$37	\$18
Composite filling, 2 surfaces (resin) (D2331)	\$56	\$56	\$23
Occlusal guards (night guards) (D9940)	\$113	\$113	\$170
Molar root canal (D3348)	\$234	\$234	\$290
Single tooth extraction (D7140)	\$40	\$40	\$34
Osseous surgery, per quadrant (D4260)	\$263	\$263	\$303
Periodontal root planing, 4+ teeth per quadrant (D4341)	\$65	\$65	\$75
Removal of impacted tooth (complete bony) (D7240)	\$113	\$113	\$125
General anesthesia – 1st 30 minutes (D9220)	\$23	\$23	\$190
IV sedation – 1st 30 minutes (DD9241)	\$98	\$98	\$200
Major services help make sure the big stuff is taken care of when needed			
Crown (porcelain fused to noble metal) (D2752)	\$320	\$320	\$300 ⁷
Bridge retainer/unit (D6750)	\$313	\$313	\$300 ⁷
Bridge pontic/false tooth/unit (D6240)	\$293	\$293	\$300 ⁷
Complete denture – upper or lower (D5110/ D5120)	\$388	\$388	\$400

This chart is only a summary of Blue Shield comprehensive dental plans available to individuals and families with or without a Blue Shield Medicare Advantage HMO plan. For a complete list of the benefits, exclusions, and limitations of these plans, please refer to the *Evidence of Coverage/Certificate of Insurance* for exact terms and conditions of coverage. For ease of reference, some services and supplies listed above reflect a code from the American Dental Association (ADA) that describes procedures; a complete list of ADA codes may be found online at blueshieldca.com/dental. Out-of-network benefits are not listed on this chart.

- 1 If a dental PPO member chooses a non-network provider, the member's out-of-pocket cost may be greater. If a dental HMO member chooses a non-network provider, there is no coverage, except in an emergency.
- 2 Diagnostic and preventive services are not subject to plan deductibles.
- 3 Enrollee must be a California resident at the time of enrollment. DHMO benefits are only available within the state of California except in emergency situations; benefits must be obtained by a contracted provider unless considered an emergency. Dental PPO or Specialty Duo dental enrollees can choose any licensed dentist or oral surgeon nationwide. If an enrollee had a Blue Shield IFP dental plan cancelled, enrollee must wait 6 months from the date of cancellation before reapplication.
- 4 Underwritten by Blue Shield of California Life & Health Insurance Company (Blue Shield Life). Pending regulatory approval.
- 5 The member is responsible for all charges incurred after the plan has paid these amounts up to the benefit maximum for covered dental services.
- 6 All services must be performed, prescribed, or authorized by member's dentist, chosen from the Blue Shield Dental HMO Dental Provider Directory. If member needs to see a specialist, member must get a referral from member's dental provider to receive covered services.
- 7 The member pays the copayment plus the cost of precious or semi-precious metals.
- 8 The Specialty Duo package includes a comprehensive vision plan: There is a 90-day waiting period for vision services. Vision benefits include: \$0 eye exam copayment; \$25 copayment for lenses and low-vision aids, and \$100 frame allowance. Coverage for an eye exam is once every 12 months. Coverage for lenses or contact lenses is every 24 months, or 12 months with a prescription change. Coverage for frames is every 24 months.
- 9 Dental providers and vision providers are available through contracted dental and vision plan administrators, respectively.

Blue Shield of California is a health plan with a Medicare contract.

As required by Centers for Medicare & Medicaid Services (CMS) regulations, we advise that CMS has neither reviewed, nor endorses, this information.