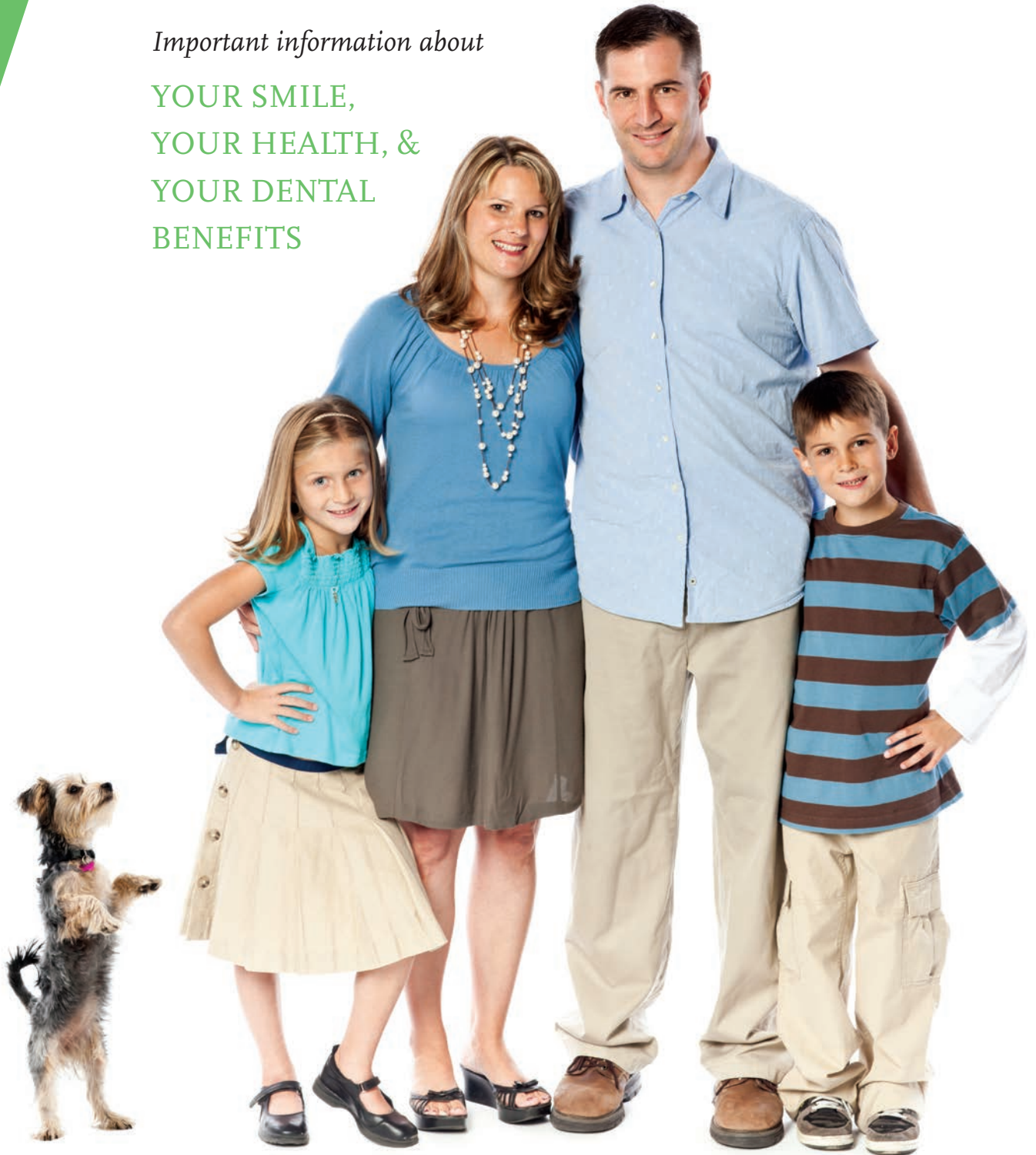


# Better Dental Benefits, Healthier Smile

*Important information about*

YOUR SMILE,  
YOUR HEALTH, &  
YOUR DENTAL  
BENEFITS



# Your Dental Health and You

## Dental Health Tips:

- Tooth decay is considered the single most common chronic childhood disease. Frequent sugary snacks and acidic drinks — such as sports drinks, soda pop (even diet sodas), and fruit juices — are major contributors to cavities.
- Dental sealants are easy and painless to apply and can help reduce childhood cavities by 72%. They also cost less than having a cavity filled. Ask your dentist about dental sealants.
- Oral cancer is the sixth most common cancer and accounts for more than 40,000 newly diagnosed cancers each year. Brush biopsy offers early detection for oral cancer and is a covered benefit. Talk to your dentist if you think you may be at risk for oral cancer.

## Healthier Smile, Healthier You

Your dental coverage plays an essential role in your dental health. Studies have shown that individuals and families with dental benefits are more than twice as likely as those without benefits to visit their dentist for regular care. Regular preventive dental care not only guarantees a healthier smile, it may also mean early detection and prevention of serious medical issues, such as diabetes, heart disease, stroke, and pre-term or low-birth weight babies.

## Power of Prevention

Bacteria in dental plaque can cause tooth decay and gum disease. If left unchecked it can eventually damage the bone and tissue in your mouth and surrounding your teeth. The good news — both tooth decay and gum disease can be prevented through proper, routine dental care. Here are some tips to ensure a healthier smile:

- Brush your teeth at least twice a day for two minutes and floss at least once daily to remove bacteria and food from between teeth.
- Visit your dentist on a regular basis for preventive assessment and professional cleanings.
- Eat nutritious, balanced meals and limit snacks. When choosing healthy snacks, keep in mind it isn't just what you put in your mouth, but how often you snack that affects your teeth.
- Share any medical conditions and medications with your dentist, including any changes in your health since your last appointment.

## Does Going to the Dentist Make You Uneasy?

If you experience anxiety about seeing a dentist, you aren't alone. An estimated 25 million Americans avoid seeing a dentist out of fear or anxiety. However, you may be putting yourself at increased risk. During a regular dental exam, your dentist can identify symptoms of many illnesses, including cancers of the mouth and throat, anemia, diabetes, eating disorders, and more. With increasing evidence about the connection between oral health and overall health, it's more important than ever to visit a dentist on a regular basis. Try these tips to help you relax during your next dental visit:

- Share your concerns and anxieties with your dentist and the dental office staff so they can adapt treatment to your needs.
- Try listening to a portable audio player to block out sounds that make you uneasy.
- Focus on breathing slowly to increase relaxation.

For more information about these or other dental health topics, visit our website at [www.deltadentalid.com](http://www.deltadentalid.com) and select **Oral Health and Wellness**.



# Delta Dental and Your Dental Benefits

## Receive Cost-Savings with a Participating Dentist

You receive more choice and more cost-savings with Delta Dental's extensive network of participating dentists. Our participating providers agree to lower fees as part of their contract with us and cannot charge you more than the contracted amount. For example, if preventive services are covered at 100% and a participating dentist charges \$75 for teeth cleaning, but Delta Dental's negotiated fee with the dentist is \$65, you do not pay the \$10 balance. With Delta Dental you are protected from balance billing and never pay more for a service than your co-payment amount.

## More Dentists, More Choice

With Delta Dental of Idaho, you can receive quality dental care close to home. We offer the largest network of participating dentists both locally and nationally. Nearly 94% of the licensed dentists in Idaho participate in our Premier dental network, and 88% of Premier dentists participate in our PPO network. You may choose to visit a non-participating dentist; however, you may need to pay additional out-of-pocket costs beyond the dentist's fees.

If you ever need to visit a dentist out-of-state, you don't have to worry. Nationally, Delta Dental has 248,000 Premier dentist locations and 166,000 PPO dentist locations\*.

\* Delta Dental Plans Association, September 2011

## How To Find A Dentist

### WEBSITE

Visit our website, [www.deltadentalid.com](http://www.deltadentalid.com) and select **Find a Dentist** for the most up-to-date list of Delta Dental Premier or PPO dentists in Idaho or across the country.

### CALL YOUR DENTIST

Contact your dentist's office to determine if they are a Delta Dental Premier or PPO participating provider.

### CUSTOMER SERVICE

You may also contact our friendly Customer Service team at (208) 489-3580 for assistance in finding a Delta Dental of Idaho participating dentist.

## Dental Coverage You Can Smile About

As the largest and oldest dental benefits carrier, we have been helping to improve dental health in Idaho for over 39 years. We are passionate about oral health and apply our experience and knowledge to help you get the most value from your benefits.

## Making It Easy

We make it easy to use your dental benefits. When you go to a participating dentist, you won't have to complete or submit any forms. Your dental office will submit all necessary paperwork to Delta Dental. After your visit, you will receive an Explanation of Benefits (EOB) that summarizes the services you received, the amount paid to the dentist, and your co-payment and/or deductible amount (if applicable).

## Dental Benefits at Your Fingertips

We provide easy access to your dental information online. Simply log onto our website, [www.deltadentalid.com](http://www.deltadentalid.com), to:

- Check your eligibility or status of a claim
- View and print your Explanation of Benefits (EOB)
- Update your address or Print your ID card
- Access your annual benefit statement to submit for your flexible spending program



For questions, please contact our Customer Service team at [CustomerService@deltadentalid.com](mailto:CustomerService@deltadentalid.com) or (208) 489-3580

 DELTA DENTAL®



For more information about your dental benefits or Delta Dental, visit our website at:  
[www.deltadentalid.com](http://www.deltadentalid.com)



**DELTA DENTAL OF IDAHO**

555 E. Parkcenter Boulevard  
Boise, Idaho 83706

*Customer Service*

**(208) 489-3580**

**CustomerService@deltadentalid.com**

[www.deltadentalid.com](http://www.deltadentalid.com)