

2023

DENTAL BENEFITS

SecureBlueSM (HMO SNP)

Regular dental care helps keep your teeth and body healthy. Routine dental exams and cleanings can help detect serious oral and medical issues early. Your SecureBlue plan includes a wide variety of dental benefits at no additional cost to you.

BASIC DENTAL SERVICES

Your SecureBlue plan includes two routine dental exams per calendar year. Covered services may also include X-rays and fillings.

PERIODONTAL CLEANINGS

Your dentist may recommend a special type of deep cleaning, called scaling and root planing, to treat gum disease. Your SecureBlue plan includes four periodontal maintenance cleanings per year. If scaling and root planing is needed, your SecureBlue plan covers it once every two years. These periodontal cleanings require prior authorization.

The value of routine dental exams and cleanings.

- **Routine exams and cleanings** can help detect tooth decay and gum disease early.¹ Gum disease can lead to many serious health issues like diabetes,² heart disease,³ and stroke.⁴
- **A routine dental exam** includes an exam of the mouth, throat, and neck. This exam can help detect as many as 120 health conditions.⁵ When serious health conditions are found early, they can be treated sooner.

¹ Delta Dental, *State of America's Oral Health and Wellness Report*, 2022.

² American Diabetes Association, June, 2022.

^{3,4} American Heart Association, *How oral health may affect your heart, brain and risk of death*, March, 2021.

⁵ Delta Dental of Arkansas, *How a Dental Exam Can Save Your Life*, April, 2021.

^{6,7} Centers for Disease Control and Prevention, June, 2022.



SCHEDULE A DENTAL EXAM OR DENTAL CLEANING TODAY

Call Delta Dental at
1-800-774-9049 (TTY 711)
Monday through Friday,
8 a.m. to 5 p.m.,
Central Time.



GUM DISEASE AFFECTS NEARLY HALF OF AMERICANS

47% ADULTS OVER AGE 30⁶

70% ADULTS OVER AGE 65⁷

REPAIRS

If you need to repair a broken tooth, SecureBlue will cover the cost of placing one crown per year on any tooth. SecureBlue will also cover one root canal to any molar. SecureBlue will only cover one root canal per molar during your lifetime.

KEEPING YOUR TOOTHBRUSH CLEAN

Store your toothbrush in an upright position.

Allow the brush to air dry until used again. If more than one brush is in the same container or area, keep them separated to avoid cross-contamination.

Don't cover your toothbrush or store it in a closed container. This creates a moist environment that helps encourage the growth of germs.

ANOTHER REASON TO SMILE

Good dental hygiene starts at the dentist and continues at home.

Keep your teeth healthy and clean between dental exams with an electric toothbrush from SecureBlue available at no cost to you.

- An electric toothbrush can reach the places you might be missing and gets your teeth cleaner than a regular toothbrush.⁸
- It's easier on your hands, too. If you have arthritis or problems with your hands, an electric toothbrush can make it easier to brush your teeth.

NEVER MISS A DENTAL APPOINTMENT

BlueRideSM offers safe and reliable transportation to covered dental visits with in-network dentists.

A BlueRide representative will make sure you're eligible. If you are, you'll get one of these services:

- A public bus pass if you live in a public transit service area.
- A scheduled taxi or other ride service if you live outside a public transit service area.
- If you have a disability or other special needs, BlueRide will find another type of ride to meet your needs.

Be sure to call at least two business days before your appointment.

To schedule or cancel a ride, call at least two business days before your appointment. Call **1-866-340-8648** (TTY **711**), Monday through Friday, 8 a.m. to 5 p.m. Central time.



An **ELECTRIC TOOTHBRUSH REDUCED 21% more plaque** and **11% more gingivitis** than a regular toothbrush.⁸

⁸ Consumer Reports on Health, *Should You Use an Electric Toothbrush or a Manual Toothbrush?*, Sept., 2021.

Call your care coordinator and ask for your complimentary electric toothbrush.

SecureBlue Toll Free 1-888-740-6013, TTY: 711

Attention. If you need free help interpreting this document, call the above number.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.



or

No English?

Civil.Rights.Coord@bluecrossmn.com 1-888-740-6013, TTY 711

Discrimination is against the law. Blue Plus will accept all eligible Beneficiaries who select or are assigned to Blue Plus without regard to medical condition, health status, receipt of health care services, claims experience, medical history, genetic information, disability (including mental or physical impairment), marital status, age, sex (including sex stereotypes and gender identity), sexual orientation, national origin, race, color, religion, creed or public assistance status.

Dental services are provided through Delta Dental of Minnesota, which is independent from Blue Cross and Blue Shield of Minnesota. Delta Dental provides administrative services for dental benefits, including access to the Minnesota Select Dental network.

SecureBlueSM (HMO SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SecureBlue (HMO SNP) depends on contract renewal.