

You have access to dental care anytime, anywhere

It's easier than ever to make sure your teeth and gums are healthy — and it's covered by your dental plan

You need to be able to take care of your health when you need it. When it comes to the health of your teeth and gums, you can access dental care whether you are at home or on the go. It's even covered by your Anthem dental plan.

Teledentistry is available whenever you want and wherever you are

Teledentistry uses technology to bring dental care to you. It includes:

- **Computer access through online video, email, and remote patient monitoring:** This can include dental exams and second opinions, orthodontic treatments, and emergency consultations for dental pain to avoid the need to go to an urgent care center or emergency room.
- **Mobile health telecommunications using phone and tablet apps:** This offers on-the-go access to the same care options as online video, email, and remote patient monitoring, but also to other support only available through an app.
- **Onsite, near-site, and mobile (pop-up) clinics:** Hygienists provide routine preventive dental care using mobile dental vans, employer-based dental clinics, and visits to local employers. Dentists oversee the care and offer consultations remotely using teledentistry.

Here is more information to know about how your plan covers teledentistry:

- All covered dental services will be paid the same, whether it's provided in a dental office or through teledentistry when a dentist provides care.
- There are no exclusions in the type of teledentistry used.
- Teledentistry will have the same reimbursement as dental care provided in dental offices — that includes deductibles, coinsurance, and frequency when you see a dentist or other dental care professional in our outside of your plan. You will save more when you use a dentist or other dental care professional in your plan.¹

You can use teledentistry for help with urgent or emergency situations

If you unfortunately ever have a dental emergency, you should always first contact your primary dentist. If you don't have a primary dentist or cannot reach yours, teledentistry is another option.

The TeleDentists® is a participating Anthem dental network provider that offers virtual consultations with board-licensed dentists. You just need a computer, tablet or smartphone to reach The TeleDentists:

- You will need to log in to your account at [anthem.com](https://www.anthem.com) or through the Sydney Health app. If you don't have an account yet, you will need to create one.
- On the main page, select **Find Care**, and then look for a dental professional and select the link for **The TeleDentists**.
- That will take you to the website for The TeleDentists, where you will be in a virtual waiting room while you answer questions about your health history, just like you would at a dentist's office.
- Once you finish that step, you will be connected with a licensed dentist for a virtual visit in as little as five minutes. The dentist will assess your needs and recommend any care.

No matter which type of teledentistry you use, it will be covered the same as other dental care under your Anthem plan.



At-home teeth aligners are also covered

If you want or need mild-to-moderate teeth straightening, we have made it more convenient and affordable for you to use dental aligners from the convenience of your home. Through Ortho@Home, you can have a simple, more budget-friendly option when you have orthodontia coverage with Anthem.²

We partnered with popular dental care professionals to offer you discounts for Ortho@Home. When you use one of these dental care professionals, you will save \$150 to \$200 off retail pricing for at-home orthodontia. Ortho@Home is convenient, too, since you can do everything at home — there's no need for monthly follow-up visits to an orthodontist's office.



Here is how it works:

1. To find a participating dental care professional, visit **anthem.com** or use our Sydney Health mobile app.
2. On the main page, select **Find Care**, and then look for a dental professional by entering your ZIP code and selecting **Search**.
3. Choose an orthodontic professional to be taken to their website for more information.
4. For a free impression of your teeth, you will need to order an at-home impression kit from a retailer in your plan (\$0 with rebate) or visit a retail location in your plan for a digital scan.
5. A dental professional or orthodontist will decide on the most appropriate care and create a treatment plan for you.
6. When treatment is complete, you will receive your first retainer at no extra cost to help keep your smile in place.³

Your out-of-pocket cost depends on your orthodontic plan, but you will receive the lowest negotiated fee for the alignment service.⁴

When you need dental care, you can rest assured that we will help make it easy for you anytime, anywhere.



¹ Teledentistry billing codes are not reimbursable and are considered inclusive of dental care provided using teledentistry.

² Ortho@Home is available to eligible Anthem members with orthodontic coverage. Coverage is included on plans with the Prime and Complete and Dental Blue 100/200/300 PPO networks.

³ Except with SmileDirectClub, which charges a small fee.

⁴ Out-of-pocket cost estimate based on Anthem plan design for employee-only coverage with a 50% orthodontic benefit. This is only an example. Actual costs will vary based on the individual member's plan design. Standard orthodontic coinsurance and maximums apply.

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