When people need to research a health or dental condition, they most often begin their research online instead of calling their doctor or dentist. We launched a new service for our Dental Prime and Dental Complete members, called Ask a Hygienist. It helps members get answers to their dental questions quickly and privately.

How does Ask a Hygienist work?
Dental members just email their questions to our team of licensed dental professionals. In return, they'll get personalized advice on a variety of dental health topics. It's easy for members to send in their questions. They just log into the dental member portal at anthem.com/mydentalvision. Then click on the Ask a Hygienist link.

From there, it's simple. They enter their name, email address and question(s). Once submitted, the member can expect a direct email response in about 24 hours. And there's no extra cost for the service.

**STEP 1**
Go to anthem.com/mydentalvision, click Log In under Dental Member Services and follow the prompts to log in.

**STEP 2**
Click Ask a Dental Hygienist at the dental member services menu.

**STEP 3**
Key your name, email, question and click submit.