



A dental plan to smile about

welcometouhc.com/dentalppo

Toll-Free **1-888-679-8925**

Habla Español? Podemos ayudar.

Kivi Bros. Trucking

Dental Network: National Options PPO30

**United
Healthcare**

Helping you save money and keep your teeth and gums healthier

You have choices

When you choose a dentist from the plan's large national network, you may receive discounted rates only available to members.

- Save when you use a provider in our network
- You don't need a referral to see a specialist
- Preventive care is covered 100% in our network
- Get coverage on hundreds of services

Visit welcometouhc.com/dentalppo to find network providers and learn more.

More help to stay healthier

Oral cancer screenings

With our dental plan, adults get oral cancer screenings as part of the preventive care benefit.

Extra care during pregnancy

We cover extra dental visits during pregnancy and the first 3 months after birth.*



Your teeth affect your health

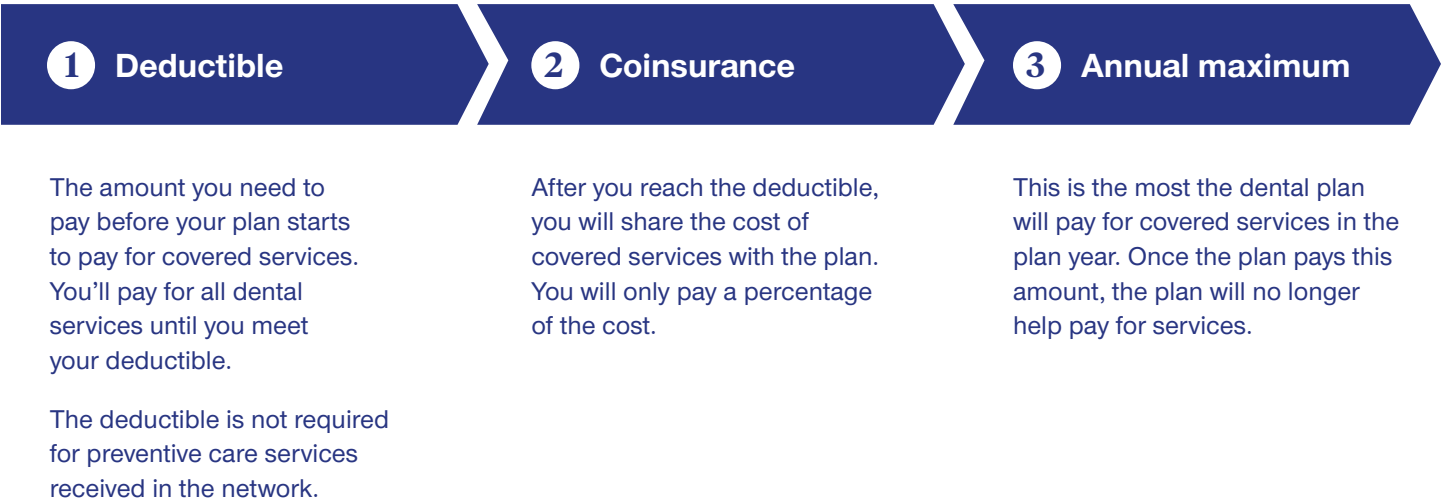
Gum disease is a painless disease that causes bacteria and toxins to enter your blood, which may also be connected to:¹

- ✓ Diabetes
- ✓ Heart disease
- ✓ Pregnancy complications
- ✓ Respiratory conditions
- ✓ Rheumatoid arthritis



Paying for dental care

Review your dental plan documents to view specific coverage and cost details.



Tap into your benefits on myuhc.com® or the UnitedHealthcare® app



Search for a network dentist or clinic



Access your digital dental plan ID card



Estimate dental costs



View claims and more



Dental Plans **Dental Wellness**

A photograph of a smiling woman with curly hair, wearing a white sweater and blue jeans, sitting on a white surface. A young child with curly hair, wearing a white sweater and blue pants, is sitting on her shoulders. They are both smiling and holding hands.

**Discover the
connection** between
good oral health and
better overall health.

Dental wellness.

Taking care of your oral health with regular dental visits plays a key role in your overall well-being. When you see a network dentist, your plan covers preventive dental care.

50% of U.S. adults over 30 have gum disease.¹

Take advantage of your dental plan to help keep your gums in check.



Wellness benefits are covered at 100 percent when you see a network dentist. Benefits include:

Two routine checkups in a 12-month period—one every 6 months.

- Includes cleanings.
- Some plans cover more cleanings for an additional copay.

Annual oral cancer screenings for covered adults (age 18 and older).

Screenings may include:

- Light contrast screening: A test that uses light to help your dentist find healthy and unhealthy tissue.
- Brush biopsy: A tissue sample taken from a suspicious area.

Extra cleanings and gum treatments for expectant mothers—as recommended by your dentist.*

The coverage includes:

- Dental cleanings while you're pregnant and 3 months following delivery.
- Deep scaling (non-surgical gum treatment).
- Gum maintenance.

Ask your dentist to include the name of your obstetrician and your due date on your dental claim. Share this letter with your dental office to inform them of this benefit. We'll handle the rest.



How oral health can affect pregnancy.

Gum disease in pregnant women may be linked to complications like pre-term births and low birth weights.²



Adopting good oral health habits when young helps prevent issues when older.

Help your kids start good habits early.

- When your child's teeth first appear, brush them twice daily with a soft toothbrush or wipe with soft gauze or a washcloth.
- Make first dental appointment at age 1.
- At age 3, add a pea-sized dab of fluoride toothpaste and continue to brush their teeth twice a day.
- Floss when teeth start touching.
- Limit sugary snacks and drinks.
- Provide meals from the 5 basic food groups.
- Take your child to the dentist regularly and ask about sealants and fluoride supplements.

Regular screenings can help reduce risk of:

Diabetes

Diabetics have a weakened immune system, which may make it harder to keep bacteria from causing gum disease and raising blood glucose levels.

Heart disease

Gum disease allows bacteria to get into your bloodstream and puts you at risk for heart attack and stroke.

Respiratory conditions

Gum disease bacteria can be inhaled into your lungs, and increase your risk of pneumonia and infections.

Rheumatoid arthritis

Gum disease can increase the severity of arthritis.

Discover the
**mouth-body
connection.**



Your mouth reflects
your overall health.



Your dentist can detect
signs of disease.



Infections in your mouth
can affect your entire body.



Know the warning signs.

Gum disease is a painless condition many people don't realize they have until it's already done significant damage. When your gums become infected, bacteria and toxins enter your bloodstream, which may worsen other health conditions. If you experience any of the following, see your dentist immediately.

- Red, swollen or tender gums.
- Gums that bleed when you brush.
- Bad breath.
- Loose teeth.
- Changes in how teeth fit together.

#1

chronic infectious disease to affect children is tooth decay.³

1 in 5

cases of total tooth loss are linked to diabetes.⁴

4x

higher risk of stroke for people with severe gum disease.⁵

Learn more about our dental plan and benefits.



View your dental plan benefits and cost tools at myuhc.com®.



Get more wellness tips. Find out more about dental wellness at uhc.com/dental-health.



* Not available in the state of Washington.

¹ Eke P, Dye BA, Wei L, Thornton-Evans GO, Genco RJ. Prevalence of periodontitis in adults in the United States: 2009 and 2010. J Dent Res 2012; 91(10):914-920. Published online August 30, 2012.

² https://www.perio.org/consumer/AAP_EFP_Pregnancy.

³ Children's Oral Health," U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, <http://www.cdc.gov/OralHealth/topics/child.htm>, page last modified: January 7, 2011.

⁴ The American Dental Association. "Diabetes."

⁵ Grau, Armin J. et al. "Periodontal Disease as a Risk Factor for Ischemic Stroke." Stroke. 2004. <http://stroke.ahajournals.org/content/35/2/496.full>.

The information provided is for educational purposes only. If you have a UnitedHealthcare Dental plan, please refer to your certificate of coverage for a full description of benefits.

Policies have exclusions, limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, please see your official dental plan documents.

UnitedHealthcare dental coverage underwritten by UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Dental Benefit Providers, Inc., Dental Benefit Administrative Services (CA only), DBP Services (NY only), United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number DPOL.06.TX, DPOL.12.TX and DPOL.12.TX (Rev. 9/16) and associated COC form numbers DCOC.CER.06, DCOC.CER.IND.12.TX and DCERT.IND.12.TX. Plans sold in Virginia use policy form number DPOL.06.VA with associated COC form number DCOC.CER.06.VA and policy form number DPOL.12.VA with associated COC form number DCOC.CER.12.VA.

This policy DOES NOT include coverage of pediatric dental services as required under federal law. Coverage of pediatric dental services is available for purchase in the State of Colorado, and can be purchased as a standalone plan, or as a covered benefit in another health plan. Please contact your insurance carrier, agent, or Connect for Health Colorado to purchase either a plan that includes pediatric dental coverage, or an Exchange-qualified stand-alone dental plan that includes pediatric dental coverage.

Benefits for the UnitedHealthcare dental DHMO plans are provided by or through the following UnitedHealth Group companies: Nevada Pacific Dental, National Pacific Dental, Inc. and Dental Benefit Providers of Illinois, Inc. Plans sold in Texas use contract form number DHMO.CNT.11.TX and associated EOC form number DHMO.EOC.11.TX.

The New York Select Managed Care Plan is underwritten by UnitedHealthcare Insurance Company of New York located in Islandia, New York. Administrative services provided by DBP Services. The Select DHMO plan is underwritten by Dominion Dental Services, Inc. Dominion is licensed as a Limited Health Care Services HMO in Virginia, Pennsylvania and a Dental Plan Organization in Maryland and Delaware.

Benefits for the UnitedHealthcare Dental DHMO/Direct Compensation plans are offered by Dental Benefit Providers of California, Inc. UnitedHealthcare Dental is affiliated with UnitedHealthcare.

Facebook.com/UnitedHealthcare Twitter.com/UHC Instagram.com/UnitedHealthcare YouTube.com/UnitedHealthcare

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DENTAL

Take steps to protect your teeth.

As a UnitedHealthcare plan member, your benefits include, a confidential outreach program, sponsored by your employer, that may encourage you to see a dentist.

You may receive a call about your dental care.

If you're pregnant — or if you have a chronic illness like diabetes or kidney disease — you may receive an automated phone call or mailer about visiting your dentist. With this program, all calls from UnitedHealthcare are *completely confidential*. We will never share your name with your employer.



Oral health can affect your overall health.

Diabetes

People with diabetes may be at risk for gum disease. Left untreated, gum disease can make it harder to control your blood sugar and may cause tooth loss. If you have diabetes, it's more important than ever to take care of your mouth.^{1,2}

Kidney disease

Studies have found a link between kidney disease and gum disease. Over time, kidney disease can weaken your bones and cause tooth loss. If you have kidney disease, ask your dentist about steps you can take to protect your teeth.³

Log in to **myuhc.com**® to see your dental plan documents and complete coverage details.



Take time for dental care when you're pregnant.

Increased bacteria levels in a pregnant woman's mouth can lead to tooth decay. That's why dental care is important when you're pregnant. Your dentist can help you improve the health of your mouth, find problems with your teeth and gums, and develop a treatment plan that's right for you.⁴

Need help?



Visit myuhc.com.

Log in to find personal details about your plan.



Call toll-free.

Call customer care anytime you have a question at **1-800-445-9090**, TTY 711, Monday through Friday, 7 a.m. to 10 p.m. CT.



Connect with us.

Twitter®: @myUHC
Facebook® and YouTube®:
UnitedHealthcare

Make the most of your dental plan.

As a member, you can see your plan details, check your claims and learn about oral health on **myuhc.com**.



Find a network dentist.

Finding a network dentist is easy. You have two options:

1. Log in to **myuhc.com** and use the **Find a Dentist** tool to search by name, facility or location. You'll see a list of dentists who are part of your network.
2. Call the customer care number on your ID card.

If a network dental provider is not available within a reasonable distance of where you live or work, you may be referred to an out-of-network dental provider and still receive services at the network rate. Please see your official dental plan documents for all of the details about your plan coverage or call the number on the back of your ID card.

Need help?

Log in to **myuhc.com** or call **1-800-445-9090**, TTY 711, Monday through Friday, 7 a.m. to 10 p.m. CT.

¹ National Institute of Dental and Craniofacial Research, "Diabetes: Dental Tips," <https://www.nidcr.nih.gov/oralhealth/Topics/Diabetes/DiabetesDentalTips.htm>, NIH Publication No. 16-2946, June 2016, no copyright.

² Journal of Clinical Periodontology, "Diabetes and periodontal diseases: consensus report of the Joint EFP/AAP Workshop on Periodontitis and Systemic Diseases," <http://onlinelibrary.wiley.com/doi/10.1111/jcpe.12077/full>, Volume 40, Issue s14, April 2013, © 2013 European Federation of Periodontology and American Academy of Periodontology.

³ Journal of Clinical Periodontology, "Association between periodontitis and mortality in stages 3–5 chronic kidney disease: NHANES III and linked mortality study," <http://onlinelibrary.wiley.com/doi/10.1111/jcpe.12502/full>, Volume 43, Issue 2, February 2016, © 2015 John Wiley & Sons A/S. Published by John Wiley & Sons Ltd.

⁴ Journal of Midwifery and Women's Health, "Dental Care in Pregnancy," <http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12108/full>, Volume 59, No. 1, January/February 2014, © 2014 by the American College of Nurse-Midwives.

This product is not available in all states.

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the member toll-free phone number listed on your ID card.

ATENCIÓN: Si habla español (Spanish), hay de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-445-9090, TTY 711。

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This policy has exclusions, limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, contact either your broker or the company.

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UHC Dental Enrollment Kit 041923



Answers to your dental plan questions

1. Will I get a UnitedHealthcare dental ID card?

UnitedHealthcare now provides all dental ID cards electronically using the UHC phone app, or Members may print your ID card anytime at myuhc.com[®]. Employees who prefer a paper card will still be able to request one by calling member services at 1-866-414-1959.

2. How do I make an appointment?

Call your dentist to make an appointment. Let them know you have a UnitedHealthcare dental plan and show your ID card at your appointment.

3. How do I check on a claim?

Simply log in to myuhc.com. Or call the toll-free Customer Service number on your ID card.

4. Do I need to see a network dentist?

You'll save money by seeing a network dentist. If you see a dentist outside the network, your out-of-pocket costs will almost always be higher.

5. Does UnitedHealthcare pay out-of-network dentists directly?

UnitedHealthcare pays all dentists directly. We can't require out-of-network dentists to accept payments from us, but most do.

6. How can I find a network dentist?

You have 2 options for finding network dentists:

- ❶ Log in to myuhc.com and use the **Find a Dentist** tool. You'll see a list of dentists who are part of your network. (If you don't log in to the website, you can still use the search tool, but you will have to choose your network from the list. The name of your network is on your ID card.)
- ❷ Call the Customer Service number on your ID card. If a network dental provider is not available within a reasonable distance of where you live or work, you may be referred to an out-of-network dental provider. Please see your dental plan documents for plan coverage details.



Need help?

Visit myuhc.com. Log in for 24/7 access to details about your dental plan:

- Get tips on taking care of your teeth and gums
- Watch dental health videos
- Estimate treatment costs
- Search for dentists
- Print an ID card
- View your claims

7. Can I ask UnitedHealthcare to add my dentist to the network?

If you want your dentist to be part of the network, visit myuhc.com and fill out the provider nomination form. Or call Customer Service at the number on your ID card.

8. I started dental work when I had a different insurance plan. What happens now?

Your old plan should pay for any dental work that was started until it's finished. For example, if your dentist did prep work for a crown on Dec. 29 but didn't place the crown until after you switched to UnitedHealthcare on Jan. 1, your old dental plan will cover the charges for the whole procedure.

If the date you received care is before you switched to UnitedHealthcare, submit a claim to your old plan. (In some cases, depending on what your old plan covered, you may need to pay the bill.) UnitedHealthcare will handle new dental care you receive after Jan. 1.

**United
Healthcare**

9. What happens if I switch to UnitedHealthcare when I have braces?

If you switch dental plans when you have braces, your new UnitedHealthcare plan will pay for your care on a prorated basis. Your coverage will depend on the time left in your treatment plan and your benefit level.

The company does not treat members differently because of sex, age, race, color, disability or national origin. If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to the Civil Rights Coordinator.

Online: UHC_Civil_Rights@uhc.com

Mail: Civil Rights Coordinator, UnitedHealthcare Civil Rights Grievance, P.O. Box 30608, Salt Lake City, UT 84130

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call **1-800-445-9090, TTY 711**. You can also file a complaint with the U.S. Dept. of Health and Human Services.

Online: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

Phone: Toll-free **1-800-368-1019, 800-537-7697 (TDD)**

Mail: U.S. Dept. of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building Washington, DC 20201

You have the right to get help and information in your language at no cost. To request an interpreter, call the toll-free number on your health plan ID card and press 0, **TTY 711**.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan de salud y presione 0. **TTY 711**

您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥打您健保計劃會員卡上的免付費會員電話號碼，再按 0。聽力語言殘障服務專線 711

Quý vị có quyền được giúp đỡ và cấp thông tin bằng ngôn ngữ của quý vị miễn phí. Để yêu cầu được thông dịch viên giúp đỡ, vui lòng gọi số điện thoại miễn phí dành cho hội viên được nêu trên thẻ ID chương trình bảo hiểm y tế của quý vị, bấm số 0. **TTY 711**

귀하는 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 통역사를 요청하기 위해서는 귀하의 플랜 ID카드에 기재된 무료 회원 전화번호로 전화하여 0번을 누르십시오. **TTY 711**

May karapatan kang makatanggap ng tulong at impormasyon sa iyong wika nang walang bayad. Upang humiling ng tagasalin, tawagan ang toll-free na numero ng telepono na nakalagay sa iyong ID card ng planong pangkalusugan, pindutin ang 0. **TTY 711**

10. How do I submit a claim?

In most cases, your dentist will submit your claim for you. If you need to submit a claim, send it to the address listed on your ID card.

Вы имеете право на бесплатное получение помощи и информации на вашем языке. Чтобы подать запрос переводчика позвоните по бесплатному номеру телефона, указанному на обратной стороне вашей идентификационной карты и нажмите 0. Линия TTY 711

لك الحق في الحصول على المساعدة والمعلومات بلغتك دون تحمل أي تكلفة. لطلب مترجم فوري، اتصل برقم الهاتف المجاني الخاص بالأعضاء المدرج ببطاقة مُعرّف العضوية الخاصة بخططك الصحية، واضغط على 0. الهاتف النصي (TTY) 711

Ou gen dwa pou jwenn èd ak enfòmasyon nan lang natifnatal ou gratis. Pou mande yon entèprèt, rele nimewo gratis manm lan ki endike sou kat ID plan sante ou, peze 0. **TTY 711**

Vous avez le droit d'obtenir gratuitement de l'aide et des renseignements dans votre langue. Pour demander à parler à un interprète, appelez le numéro de téléphone sans frais figurant sur votre carte d'affilié du régime de soins de santé et appuyez sur la touche 0. **ATS 711**.

Você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para solicitar um intérprete, ligue para o número de telefone gratuito que consta no cartão de ID do seu plano de saúde, pressione 0. **TTY 711**

Masz prawo do uzyskania bezpłatnej informacji i pomocy we własnym języku. Po usługi tłumacza zadzwoń pod bezpłatny numer umieszczony na karcie identyfikacyjnej planu medycznego i wcisnij 0. **TTY 711**

Sie haben das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um einen Dolmetscher anzufordern, rufen Sie die gebührenfreie Nummer auf Ihrer Krankenversicherungskarte an und drücken Sie die 0. **TTY 711**

ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳をご希望の場合は、医療プランのIDカードに記載されているメンバー用のフリーダイヤルまでお電話の上、0を押してください。TTY専用番号は711です。

شما حق دارید که کمک و اطلاعات به زبان خود را به طور رایگان دریافت نمایید. برای درخواست مترجم شفاهی با شماره تلفن رایگان قید شده در کارت شناسایی برنامه بهداشتی خود تماس حاصل نموده و ۰ را فشار دهید. **TTY 711**

Hai il diritto di ottenere aiuto e informazioni nella tua lingua gratuitamente. Per richiedere un interprete, chiama il numero telefonico verde indicato sulla tua tessera identificativa del piano sanitario e premi lo 0. Dispositivi per non udenti/TTY: 711

Learn more

Call Customer Service toll-free at the number on your ID card anytime you have a question. The automated system is available 24 hours a day, 7 days a week.

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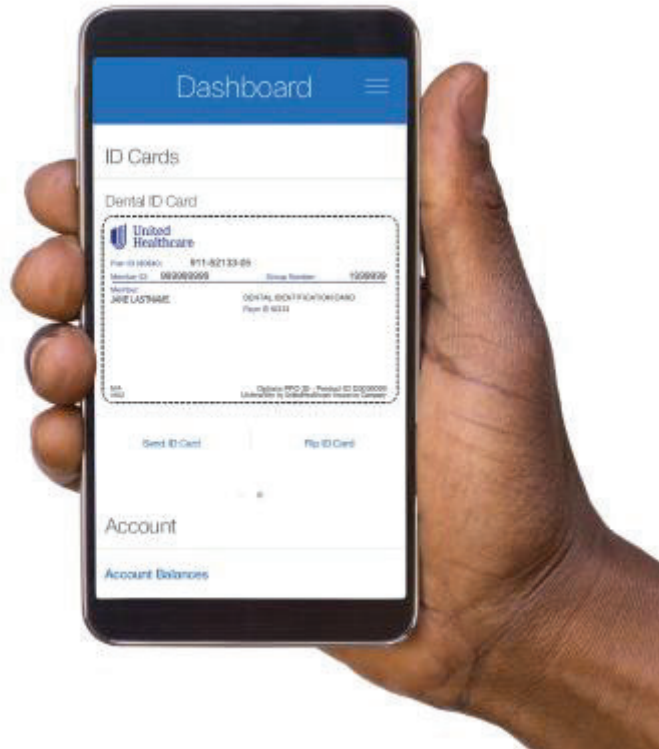
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The same dental care +
more convenience for
your employees

The new digital dental ID card is here!

Your employees' dental experience
just got easier and more convenient.
With the new digital dental ID card
from UnitedHealthcare, access is at
their fingertips so their card will
always be there when it's needed.



Now, your employees will be able to:

- View or email their card anytime, anywhere from their smartphone or mobile device
- Enjoy the perk of having 1 less card to carry in their wallet
- Get dental plan information online, anytime

Your employees will receive a letter from UnitedHealthcare with more
information, including 2 easy ways to access their new digital dental ID card:



1. Visit myuhc.com® > View & Print Member ID Cards



2. Use the UnitedHealthcare® app

Employees who prefer a paper card will still be able to request one by calling
member services at **1-866-414-1959**.