Are you looking for dental coverage only? Do you already have a health plan and would like to add dental coverage? Whatever your needs may be, Blue Cross and Blue Shield of Alabama offers affordable, quality individual and family dental plans.

**EXPERTISE**
For more than 80 years, Blue Cross and Blue Shield of Alabama has been providing access to quality coverage and dependable, local service. Our commitment to providing products of value extends to millions of Alabamians.

**ACCESS TO CARE**
You have access to a comprehensive network of more than 1,700 dental providers in Alabama.

**SERVICE**
As a member of the Blue Cross family, you can count on us to be there when you need us. Our superior Customer Service Department has the technology and knowledge that enables us to consistently exceed our members’ expectations.

**PEACE OF MIND**
When you carry a Blue Cross member ID card, you carry peace of mind in your pocket. You can depend on Blue Cross. It’s a brand that is respected throughout Alabama. We look forward to bringing you the peace of mind you want in a dental plan and the service excellence you deserve.
Individual and Family DENTAL PLANS

SOMETHING TO SMILE ABOUT

Dental Blue®

Our standard dental plan covers basic benefits such as regular dental exams, x-rays and cleanings.

Dental Blue® Select

Our premium dental plan includes all the same benefits as Dental Blue, as well as coverage for orthodontic services, crowns and dentures.

Dental Blue® Plus

Our dental plan that features expanded pediatric dental benefits for children up to the end of the month in which the member turns 19. This plan is available only at HealthCare.gov.
## Individual and Family DENTAL PLANS

### Monthly Premiums

<table>
<thead>
<tr>
<th></th>
<th>Dental Blue®</th>
<th>Dental Blue® Select</th>
<th>Dental Blue® Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self (age 19+)</td>
<td>$21</td>
<td>$32</td>
<td></td>
</tr>
<tr>
<td>Self plus one</td>
<td>$42</td>
<td>$66</td>
<td>$23</td>
</tr>
<tr>
<td>Family (age 19+)</td>
<td>$75</td>
<td>$129</td>
<td>$33</td>
</tr>
</tbody>
</table>

### Cost-Sharing Provisions

#### Calendar Year Deductible
- Does not apply to Orthodontic Services
  - Dental Blue®: $50 per member
  - Dental Blue® Select: $50 per member
  - Dental Blue® Plus: $40 per member

#### Calendar Year Maximum Benefits
- The most we will pay each year
  - Dental Blue®: $1,000 per member
  - Dental Blue® Select: $1,500 per member
  - Dental Blue® Plus: $1,000 (per member age 19+)

#### Pediatric Out-of-Pocket Maximum
- The most you will pay each year
  - Dental Blue®: Not Applicable
  - Dental Blue® Select: Not Applicable
  - Dental Blue® Plus: $350 (one child up to age 19)
  - Dental Blue® Plus: $700 (two or more children up to age 19)

### In-Network Benefits

<table>
<thead>
<tr>
<th>After you meet your deductible:</th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diagnostic and Preventive Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No waiting period</td>
<td>$0</td>
<td>100%</td>
<td>$0</td>
<td>100%</td>
<td>$0</td>
<td>100%</td>
</tr>
<tr>
<td>Dental exams, x-rays, routine cleanings</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Basic Services</strong></th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td>180-Day Waiting Period*</td>
<td>25%</td>
<td>75%</td>
<td>20%</td>
<td>80%</td>
<td>20%</td>
<td>80%</td>
</tr>
<tr>
<td>Fillings, simple tooth extractions, repairs to crowns and dentures</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Major Services</strong></th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td>365-Day Waiting Period**</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>Oral surgery, general anesthesia, removal of diseased tissues and bones</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Additional Major Services</strong></th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td>365-Day Waiting Period**</td>
<td>Not covered</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>Crowns, inlays, onlays, and dentures (For children up to age 19 only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Orthodontic Services</strong></th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
<th>You Pay</th>
<th>We Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td>365-Day Waiting Period**</td>
<td>Not covered</td>
<td>60% after you meet a $150 orthodontic deductible Limited to a lifetime maximum of $1,500</td>
<td>40% after you meet a $150 orthodontic deductible Limited to a lifetime maximum of $1,500</td>
<td>50% after you meet a $150 orthodontic deductible when deemed medically necessary</td>
<td>50% after you meet a $150 orthodontic deductible when deemed medically necessary</td>
<td></td>
</tr>
</tbody>
</table>

* The 180-day waiting period does not apply to members up to the end of the month in which the member turns 19, enrolled in Dental Blue Plus
** The 365-day waiting period does not apply to members up to the end of the month in which the member turns 19, enrolled in Dental Blue Plus
Commonly asked QUESTIONS

How do I enroll in a dental plan?
It’s easy to enroll in a Blue Cross dental plan. To enroll, visit us online at AlabamaBlue.com/Dental and choose “Enroll Now” or call 1-855-204-4729 to speak with an Insurance Advisor or request a paper application.

Who is eligible for dental coverage?
To be eligible for Dental Blue or Dental Blue Select, you must be:
- A resident of Alabama
- At least 19 years-of-age or older

To be eligible for Dental Blue Plus, you must be a resident of Alabama. There are no age restrictions.

Do I need to have a Blue Cross health plan to purchase a dental plan?
No, our plans are dental-only plans for individuals and families. No matter what type of health coverage you have, you can enjoy Blue Cross dental coverage.

How do I pay?
You may pay your monthly premium by eCheck, check, credit, or debit card (Discover®, MasterCard®, or Visa®) or over the phone. You may also choose to receive your statements electronically or in paper form.

When you register for myBlueCross, you can make payments online and set up recurring payments. All you have to do is:

1. Register for myBlueCross online at AlabamaBlue.com/Register
2. Click on the “Review and Pay My Bill” link under “Manage My Contract” to set up your account

What are the waiting periods for dental services?

<table>
<thead>
<tr>
<th></th>
<th>Basic Services</th>
<th>Major Services</th>
<th>Orthodontic Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dental Blue</td>
<td>180-day waiting period</td>
<td>365-day waiting period</td>
<td>Not Covered</td>
</tr>
<tr>
<td>Dental Blue Select</td>
<td>180-day waiting period</td>
<td>365-day waiting period</td>
<td>365-day waiting period</td>
</tr>
<tr>
<td>Dental Blue Plus</td>
<td>180-day waiting period (applies to Adults age 19 and older)</td>
<td>365-day waiting period (applies to Adults age 19 and older)</td>
<td>No waiting period for Pediatric Orthodontic Services</td>
</tr>
</tbody>
</table>

Where can I find a dentist in-network close to me?
Visit AlabamaBlue.com/FindADoctor and click on “Dentist” to search for a dentist near you. You will find contact information, specialties, and ratings of providers in the Blue Cross dental network.
by enrolling in a DENTAL PLAN today

THREE EASY WAYS to enroll

ONLINE
Go to AlabamaBlue.com/Dental and choose “Enroll Now”

ON THE PHONE
Call 1-855-204-4729 to speak with an Insurance Advisor or Sales Representative

BY MAIL
Call 1-855-204-4729 and ask for a paper application to be mailed to you
Notice of Nondiscrimination

Blue Cross and Blue Shield of Alabama, an independent licensee of the Blue Cross and Blue Shield Association, complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. We do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Blue Cross and Blue Shield of Alabama:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages

If you need these services, contact our 1557 Compliance Coordinator. If you believe that we have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance in person or by mail, fax, or email at: Blue Cross and Blue Shield of Alabama, Compliance Office, 450 Riverchase Parkway East, Birmingham, Alabama 35244, Attn: 1557 Compliance Coordinator, 1-855-216-3144, 711 (TTY), 1-205-220-2984 (fax), 1557Grievance@bcbsal.org (email). If you need help filing a grievance, our 1557 Compliance Coordinator is available to help you.


Foreign Language Assistance

Spanish:  ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-216-3144 (TTY: 711)


Chinese: 注意:如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-855-216-3144（TTY: 711）。


Arabic: انتباه: إذا كنت تتحدث العربية، يوجد خدمات مساعدة فيما يتعلق باللغة، بدون تكلفة، متاحة لك. اتصل بـ 1-855-216-3144.


Hindi: ध्यान दें: अगर आपकी भाषा हिंदी है, तो आपके लिए भाषा सहायता सेवाएँ मिलेंगी, जिन्हें अन्य भाषाओं से भिन्न नहीं हैं। 1-855-216-3144 (TTY: 711) पर कॉल करें।


Turkish: DİKKAT: Eğer Türkçe konușuyor iseniz, dil yardımcı hizmetlerinden ücretsiz olarak yararlanabilirsiniz. 1-855-216-3144 (TTY: 711) irtibat numaralarını arayın.


Japanese: 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-855-216-3144（TTY: 711）まで、お電話にてご連絡ください。