

SMILE FOR TOTAL HEALTH

A guide to your dental benefits: Individual Adult \$30 Preventive and Pediatric Dental HMO



The Adult \$30 Preventive and Pediatric Dental HMO plans emphasize healthy smiles through the prevention and early detection of dental problems to avoid costly procedures in the future. The combination of predictable costs, no deductibles, and no annual maximums helps you reach a state of good oral health without facing the high cost of treatment typical of many dental plans.

Your plan provides coverage—or access to a fixed fee schedule for certain non-covered dental services—for more than 250 dental procedures through one of the largest dental provider networks¹ in the Mid-Atlantic area.² You have your choice of convenient dental offices where you can receive care.

Adults pay a \$30 copay for each covered preventive care office visit, which may include:

- Up to two oral exams per calendar year
- Up to two cleanings per calendar year
- One fluoride treatment per calendar year
- Up to two dental bitewing X-rays per calendar year

For children up to age 19, you pay a \$10 copay for each preventive care office visit, which may include:

- One oral evaluation every six months
- One routine cleaning every six months
- One bitewing X-ray every six months
- One topical fluoride treatment every six months

New member? Get started by choosing a dentist.

Visit dominionnational.com/kaiserdentists or call Dominion Member Services at 855-733-7524 (TTY 711), Monday through Friday, 7:30 a.m. to 6 p.m.

The preventive care procedures covered in this plan account for over 65% of dental services most frequently performed for adults, and almost 90% of the most frequently performed services for children.¹ Other listed dental services are available for the fixed fees shown on the fee schedule, which you pay directly to your provider as payment in full.

Save on restorative care

More extensive care (fillings, crowns, dentures, root canals, periodontal treatment, oral surgery, etc.) is offered at fixed fees lower than the usual and customary charges for these services. Only the services listed in the fee schedule are available for fixed fees, provided the services are performed by plan-participating dentists and specialists. For a complete list of covered benefits, exclusions, and limitations, and terms for the fixed fees, please refer to your *Evidence of Coverage*, or you can find your plan on dominionnational.com/kaiserdentists.

¹Dominion National, based on annual review of utilization data, network survey and analysis report, 3rd quarter 2018.

²Mid-Atlantic area includes Washington, DC, and parts of Maryland and Virginia.

Choose a dentist

You may select any general dentist from among our participating dental providers for yourself and/or any eligible family member. Each eligible family member may use a different participating dentist.

For a list of participating dentists or information about a dentist, including office hours, directions, languages spoken, etc., visit dominionnational.com/kaiserdentists or call Dominion Member Services at 855-733-7524 (TTY 711), Monday through Friday, 7:30 a.m. to 6 p.m.

Specialty care is also available in many locations. To receive treatment from a participating specialist, ask your participating general dentist to arrange a referral. Services received from non-participating dentists are not covered.

Make appointments

After your effective date of coverage, you can make an appointment with a participating general dentist. Make sure you bring your Kaiser Permanente medical ID card to your appointment. There is no separate dental ID card. And you'll have virtually no paperwork and no pre-existing condition exclusions to worry about.

Quality dental care

You can be confident that your dentist was carefully selected to offer quality care. All participating dentists go through a strict quality assurance program developed in accordance with the National Association of Dental Plans' recommendations. This process confirms that each dentist has the required credentials and has passed a thorough on-site office evaluation.

Dedicated customer service

Quality customer service is an important part of any dental plan. Dominion Member Services Specialists are available Monday through Friday, 7:30 a.m. to 6 p.m., to answer questions about coverage or to help you find a participating dentist. Dominion's voice response system is available 24 hours a day for information about participating dental providers in your area or to help you select a dental provider. The most up-to-date list of participating dental providers can be found online.

Toll-free phone: 855-733-7524 (TTY 711)

Mailing address:
Dominion National
251 18th St. S., Suite 900
Arlington, VA 22202

Web: dominionnational.com/kaiserdentists

Online self-service options

Dominion provides members with secure online access to:

- Plan information
- Dentist search and dental office transfers
- Contact information
- Member Services requests and general correspondence

All changes are confirmed by email.

In the event of ambiguity, or a conflict between this summary and the *Evidence of Coverage*, the *Evidence of Coverage* shall control.

Dental benefits are underwritten by Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., and administered by Dominion National. This program also includes fixed fees for certain dental services that are not covered benefits.

