

# SMILE FOR TOTAL HEALTH

## A guide to your dental benefits: Small Group Adult Dental HMO (DHMO), Maryland and Virginia



The Adult Dental HMO Plan, available to members 19 and older, emphasizes healthy smiles through the prevention and early detection of dental problems to prevent 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.

The Adult Dental HMO Plan provides coverage for more than 250 dental procedures through one of the largest dental provider networks<sup>1</sup> in the Mid-Atlantic area.<sup>2</sup> That means you have your choice of convenient private dental offices where you can receive care.

You pay a \$10 copayment for each office visit, which may include the following preventive care services:

- Oral evaluations
- Routine cleaning
- Certain X-rays

The preventive care procedures covered in this plan account for over 65% of the dental services most frequently performed for adults.<sup>1</sup>

### New member? Get started by choosing a dentist.

Visit [dominionnational.com/kaiserdentists](https://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.

### Save on restorative care

Extensive care (fillings, crowns, dentures, root canals, periodontal treatment, oral surgery, etc.) is provided at cost sharing lower than the usual and customary charges for these services.

When covered, specialty care services are performed by plan specialists and a different copayment will apply. For a complete copayment schedule, and a list of exclusions and limitations, please refer to your *Evidence of Coverage*, or you can find your plan on [dominionnational.com/kaiserdentists](https://dominionnational.com/kaiserdentists).

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

<sup>2</sup>Mid-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. 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](https://www.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 or 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 member 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 interactive 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**)

Fax: **855-485-0115**

Mailing address:

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

Web: [dominionnational.com/kaiserdentists](https://www.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.

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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.