

Contact Member Services at **800.613.2624** or visit [CapitalBlueCross.com](https://www.CapitalBlueCross.com).

## Value. Limited Costs. Fixed Fees.

There is a strong link between oral health and living healthy. Proper dental hygiene can prevent a variety of health issues from gingivitis to heart disease. Backed by the security of a name trusted for over 80 years, Capital Blue Cross Dental plans give you greater control of your dental health with more choices and opportunities to save.



### Choose a primary care dentist

Choose a primary care dentist—who will coordinate all of your dental care and arrange for specialty care when needed—from one of the largest regional dental provider networks<sup>1</sup>. You can easily find a Capital Blue Cross Dental Select network dentist using our provider directory. We will contact you after you enroll to select a primary care dentist.

### No annual maximums, deductibles, or waiting periods<sup>2</sup>

Capital Blue Cross Dental Select makes getting quality care easier on your budget. With fixed copayments including low or no copayments for diagnostic and preventive services<sup>3</sup>, you have the power to make smart decisions about your care. Refer to the plan document, which lists specific copayments for each covered dental procedure.

### Orthodontia benefits for adults and children

Our plans provide orthodontic coverage for adults and children. For children, medically necessary services are covered, and value-added discounts for nonmedically necessary pediatric services are available.

### SmileDirectClub's Clear Aligner Program<sup>4</sup>

In addition to traditional in-office orthodontic treatment, Capital Blue Cross Dental members have access to discounted pricing through SmileDirectClub's clear aligner program for teeth straightening. SmileDirectClub uses a telehealth program. This program is designed for members age 12 years and older with mild to moderate orthodontic needs. Call SmileDirectClub at **800.848.7566** for additional information.

### Easy access on [CapitalBlueCross.com](https://www.CapitalBlueCross.com)

- Find a Capital Blue Cross Dental Select network provider
- View your benefits, eligibility, and claims
- Print member ID cards
- Use tools designed to help you live healthy

### More than dental insurance

As a Capital Blue Cross customer, you have access to more than dental benefits.

- Stop by a Capital Blue health and wellness center to try an exercise class, enjoy a healthy snack, or consult with a trainer or nutritionist; visit [CapitalBlueStore.com](https://www.CapitalBlueStore.com) for hours, locations, and class and event schedules
- Blue365<sup>®</sup> offers discounts on fitness gear, gym memberships, healthy eating options, and more; start saving by registering at [Blue365deals.com](https://www.Blue365deals.com)
- Capital Blue Cross makes available to everyone in our service area discounts on name brand hearing aids and related services through EPIC Hearing Healthcare; for more information, visit [epichearing.com/CBC](https://www.epichearing.com/CBC) or call **866.956.5400** to speak with an EPIC hearing counselor, and reference code **CBChearing**

<sup>1</sup> Dental Select plans require the selection of a primary care dentist (PCD) from the Capital Blue Cross Dental Select network. Your PCD provides routine care and arranges or provides most other medically necessary services. Except for emergency services, benefits are covered only when provided or properly referred by the member's PCD, authorized by Capital Blue Cross, or as stated within the dental policy.

<sup>2</sup> Please see policy and coverage schedule for specific benefits, coverages, and limitations.

<sup>3</sup> Plan documents describe specific benefits, coverages, and limitations.

<sup>4</sup> SmileDirectClub, Inc. is an independent company whose products and services are not Blue Cross products and services and is solely responsible for orthodontic discounts. Not all individuals are suitable candidates for clear aligners. These services, which are offered and arranged for by SmileDirectClub, are intended for certain individuals who have mild or moderate orthodontic needs and only if approved by a state-licensed dentist or orthodontist. Capital Blue Cross is not a provider of dental care services. Notice of this SmileDirectClub offering is for informational purposes only and is not medical advice.

The Blue365<sup>®</sup> program is brought to you by the Blue Cross Blue Shield Association. The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and/or Blue Shield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that members may purchase from independent vendors, which are different from covered benefits under your policies with Capital Blue Cross and its family of companies, its contracts with Medicare, or any other applicable federal healthcare program. EPIC Hearing Healthcare is an independent company whose products and services are not Blue Cross products and services. EPIC Hearing Healthcare is solely responsible for these hearing discounts.

Capital Blue Cross Connect is brought to you by Capital Blue Cross, an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.

Capital Blue Cross Dental Select is issued by Capital Advantage Assurance Company<sup>®</sup>, a subsidiary of Capital Blue Cross. Independent licensees of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley. Communications issued by Capital Blue Cross in its capacity as administrator of programs and provider relations for all companies.

## NONDISCRIMINATION AND FOREIGN LANGUAGE ASSISTANCE NOTICE

Capital Blue Cross and its family of companies comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Capital Blue Cross does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

**Capital Blue Cross provides free aids and services to people with disabilities or whose primary language is not English, such as:**

- ✓ Qualified sign language interpreters.
- ✓ Written information in other formats (large print, audio, accessible electronic format, other formats).
- ✓ Qualified interpreters, and information written in other languages.

If you need these services, call 800.962.2242 (TTY: 711).

If you believe that Capital Blue Cross has 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 with our Civil Rights Coordinator. You can file a grievance in person or by mail, fax, or email at:

**Capital Blue Cross**  
PO Box 779880, Harrisburg, PA 17177-9880  
800.417.7842 (TTY: 711), fax: 855.990.9001  
**CRC@capbluecross.com**

If you need help filing a grievance, our Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW., Room 509F, HHH Building  
Washington, D.C. 20201  
Toll-free: 800.368.1019, 800.537.7697 (TDD)  
Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

### Language assistance

To talk to an interpreter in your language at no cost, call 800.962.2242 (TTY: 711).

Para hablar con un intérprete de forma gratuita, llame al 800.962.2242 (TTY: 711).

欲免费用本国语言咨询传译员，请拨电话 800.962.2242 (TTY: 711).

Để nói chuyện với thông dịch viên bằng ngôn ngữ của quý vị không phải mất phí, xin gọi 800.962.2242 (TTY: 711).

Для бесплатного разговора с переводчиком на своем языке, позвоните по тел.: 800.962.2242 (TTY: 711).

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무료 전화 통역 서비스 800.962.2242 (TTY: 711).

Per parlare con un interprete nella vostra lingua gratis, chiami 800.962.2242 (TTY: 711).

للتحدث مجاناً إلى مترجم للغتك، يرجى الاتصال بـ 800.962.2242 (الهاتف النصي: 711)

Pour parler à un interprète dans votre langue sans charges, téléphoner à 800.962.2242 (TTY: 711).

Um in Ihrer Sprache gebührenfrei mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 800.962.2242 an (TTY: 711).

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Aby porozmawiac z tłumaczem w języku polskim, prosze zadzwonic na numer darmowy telefonu 800.962.2242 (TTY: 711).

Pou pale avèk yon entèprèt nan lang ou grastis, rele nan 800.962.2242 (TTY: 711).

ដើម្បីនិយាយជាមួយអ្នកបកប្រែផ្ទាល់មាត់ជាភាសារបស់អ្នកដោយមិនគិតថ្លៃ សូមហៅទៅកាន់ 800.962.2242 (TTY: 711).

Para falar com um intérprete em seu idioma de graça, ligue para 800.962.2242 (TTY: 711).