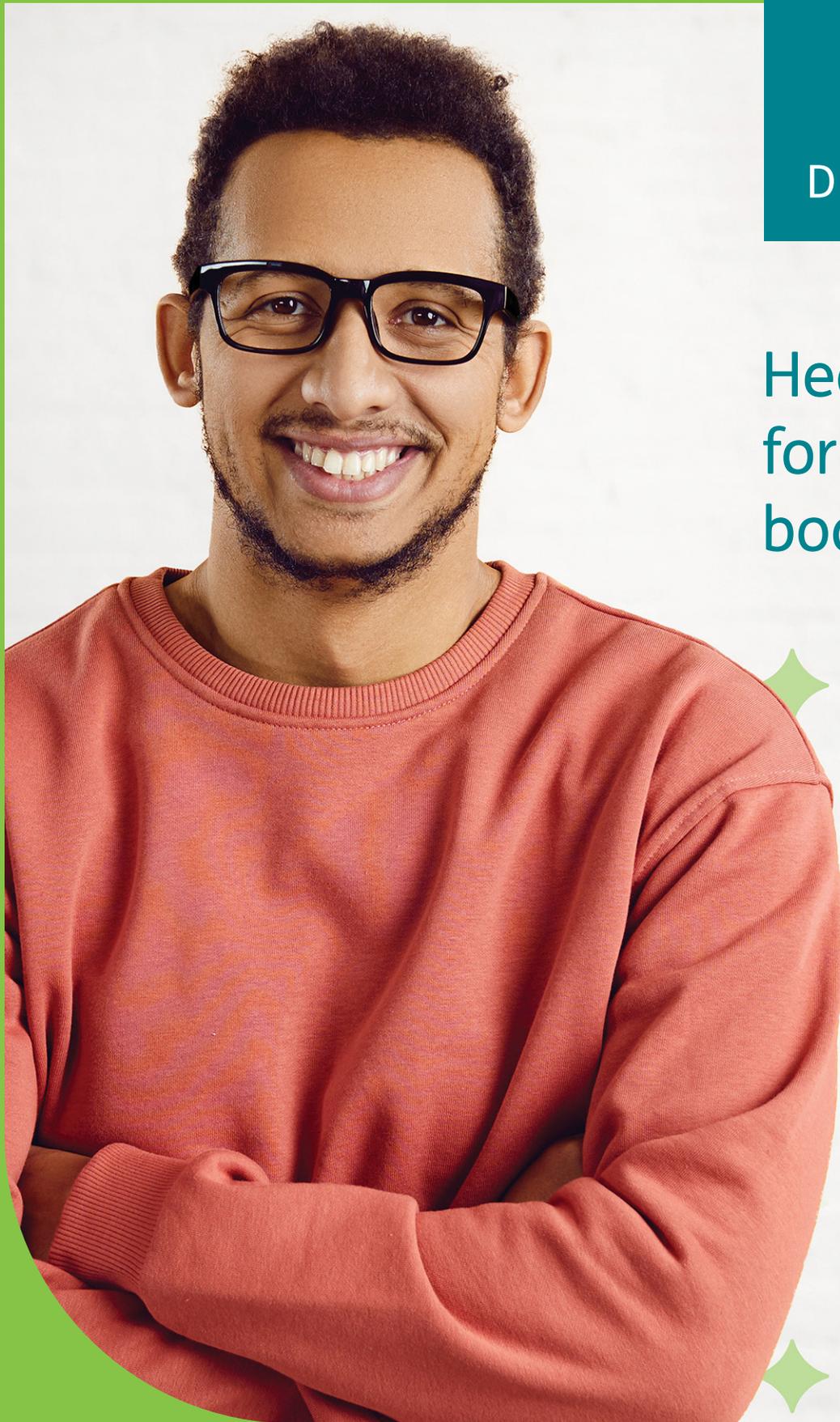




DENTAL

Healthy smiles  
for healthy  
bodies



Humana®



# Our dental plans will make you smile

At Humana we want to help take care of you. Dental health is an important part of your overall well-being, and Humana's dental benefits help make it easy to make your dental care a priority. When you sign up for a Humana dental plan, you're signing up for a healthier you.

## Why sign up for dental benefits?



If you've never bought dental insurance before, **you'll be pleasantly surprised at the monthly cost.**



**Preventive dental care, such as check-ups and cleanings,** help stop issues before they start saving you time and money in the long run. And when you use an in-network dentist, **preventive care is at no additional cost to you.**



For years, doctors have recognized the link between oral health and whole-body health. **Routine teeth cleanings can help reduce your risk for heart disease, stroke and dementia.**



Plus, **caring for you is at the heart of everything we do** so we make it easy for you to get the help you need – when you need it. Our service teams are always ready to help and answer your questions.



**Review the benefit information in this guide to help you choose a dental plan that's right for you.**

# Dental plan

The benefits and services highlighted below provide an overview of the dental plan you can sign up for. The table shows how services will be paid when you visit a dentist in the Humana network.

<b>Deductible</b>	The amount you pay before your dental plan starts paying for covered expenses (excluding preventive services): Individual: Family:
<b>Annual maximum</b>	Total amount the plan pays in the plan year:
<b>Preventive services</b>	Visit any <b>in-network dentist</b> at no additional cost to you for preventive care services including: <ul style="list-style-type: none"> <li>• Routine cleanings per year:</li> <li>• Routine X-rays</li> <li>• Oral cancer screening (ages 40+)</li> </ul>
<b>Basic services</b>	Basic services include services like fillings, simple extractions, emergency care for pain relief and oral surgery Plans pays      of covered services
<b>Major services</b>	Major services include crowns, bridges and dentures (excludes placement) Plans pays      of covered services
<b>Orthodontia</b>	
<b>Other benefits</b>	
<b>Plan premiums</b>	Employee: Employee + spouse: Employee + children: Family:



# Dental plan

The benefits and services highlighted below provide an overview of dental plans you can sign up for. The table shows how services will be paid when you visit a dentist in the Humana network.

<b>Deductible</b>	The amount you pay before your dental plan starts paying for covered expenses (excluding preventive services):		
	Individual: Family:		Individual: Family:
<b>Annual maximum</b>	Total amount the plan pays in the plan year:		
<b>Preventive services</b>	Preventive care services for \$0 when you visit <b>in-network providers</b> , including:		
	<ul style="list-style-type: none"> <li>Routine cleanings per year:</li> <li>Routine X-rays</li> <li>Oral cancer screening (ages 40+)</li> </ul>		<ul style="list-style-type: none"> <li>Routine cleanings per year:</li> <li>Routine X-rays</li> <li>Oral cancer screening (ages 40+)</li> </ul>
<b>Basic services</b>	Basic services include services like fillings, simple extractions, emergency care for pain relief and oral surgery		
	Plans pays	of covered services	Plans pays of covered services
<b>Major services</b>	Major services include crowns, bridges and dentures (excludes placement)		
	Plans pays	of covered services	Plans pays of covered services
<b>Orthodontia</b>			
<b>Other benefits</b>			
<b>Plan premiums</b>	Employee: Employee + spouse: Employee + children: Family:		Employee: Employee + spouse: Employee + children: Family:



# Dental plan

The benefits and services highlighted below provide an overview of the dental plan you can sign up for. The table shows how services will be paid when you visit a dentist in the Humana network.

With this plan, you pay a set amount, or copay, for each service when you see a participating primary care dentist. There are no yearly maximums, no deductibles and no waiting periods.

Below is a sampling of the most frequently used dental services for this plan.

	Description	What you pay
<b>Preventive services</b>	Oral exam	
	X-ray (complete series)	
	Prophylaxis (periodontal) cleaning (adult / child)	
	Topical application of fluoride (child <16)	
	Sealant (per tooth)	
<b>Basic services</b>	Amalgam filling (one surface)	
	Resin-based composite filling (one surface, anterior)	
	Resin-based composite filling (one surface, posterior)	
<b>Major services</b>	Crown	
	Endodontic therapy, molar tooth	
	Periodontal maintenance	
	Extraction	
<b>Orthodontia</b>		

Benefits shown are for in-network services. This is an example and costs may vary. If you enroll in this plan, you can view your Summary of Benefits and Coverage for details.





# How to find a dentist in the network

Visiting a dentist in the Humana network ensures you're getting the lowest cost for dental care. To find an in-network dentist for each plan, follow these steps:



## Step 1:

Scan the QR code or go to [finder.humana.com](https://finder.humana.com) and select the "Dentist" tab.

## Step 2: Enter your search information based on plan

For the **Traditional Preferred / PPO / Preventive Plus plans:**

- Enter your **ZIP code**
- In "Select a lookup method" choose "**PPO**" coverage type
- Select the network:
- Click "**Search**" button

### Is your dentist missing from our network?

We don't want you to have to choose between continuing to see your dentist and receiving the best possible value from your dental benefit plan. You can help us get your dentist in our network. Scan the QR code and fill out the online form to refer your dentist.





# How to find a dentist in the network

Visiting a dentist in the Humana network ensures you're getting the lowest cost for dental care. To find an in-network dentist for each plan, follow these steps:



**Step 1:**

Scan the QR code or go to [finder.humana.com](https://finder.humana.com) and select the "Dentist" tab.

**Step 2: Enter your search information based on plan**

For the **Traditional Preferred / PPO / Preventive Plus plans:**

- Enter your **ZIP code**
- In "Select a lookup method" choose "**PPO**" coverage type
- Select the network:
- Click "**Search**" button

For the **DHMO / Prepaid plans:**

- Enter your **ZIP code**
- In "Select a lookup method" choose "**DHMO**" coverage type
- Select the network:
- Click "**Search**" button

*Note: For the DHMO plan, you must choose a Primary Care Dentist.*

**Is your dentist missing from our network?**

We don't want you to have to choose between continuing to see your dentist and receiving the best possible value from your dental benefit plan. You can help us get your dentist in our network. Scan the QR code and fill out the online form to refer your dentist.





## What else comes with your Humana plan?

As a Humana member, you'll have access to other perks like our exclusive discounts on a variety of services that support your overall health and well-being.





# Exclusive discounts for Humana members

## Access to a variety of discounts that support your overall health and well-being

We understand the importance of your overall health and that's why we've carefully selected companies to team up with to offer special discounts Humana members can enjoy:

- **Personalized dental products** for things like invisible teeth straightening aligners, teeth whitening and dental devices with tracking and personalized feedback
- **Vision care discounts** on LASIK, exams, glasses and contacts
- **Hearing aid options** in your area and online
- **Additional discounts** for things like weight loss, massage therapy, fitness devices, and more

### Featured dental care programs

To give you something more to smile about, you'll have access to these dental care services:

**Byte:** Clear aligners you can do from the comfort of your home. **Scan the QR code to learn more.**



**Truthbrush:** A digital device for kids with oral care tracking technology that attaches to any toothbrush - any brand.

Visit [truthbrush.com](http://truthbrush.com) to learn more.



To learn more about our exclusive discounts available after you enroll in a Humana plan, scan the QR code or download the flyer [here](#).





# Virtual dental care 24/7

## When it's urgent, you can see a dentist virtually

Humana members have access to \$0 teledentistry, also known as virtual dental care, with Teledentix, as part of their Humana Dental plan. Teledentistry services allow you to see a dentist within minutes from your computer, smartphone or tablet.

**If you're in pain or cannot visit a dentist's office, virtual dental care may be an option rather than a visit to the emergency room.**

*Note: Only available with PPO and Traditional Preferred plans. Not available in all states.*



To learn more about Humana's virtual dental care, scan the QR code or download the flyer [here](#).

**Get access to virtual dental care 24/7 with Teledentix**

**When it's urgent, you can see a dentist virtually**  
 Humana members have access to \$0 teledentistry services in select dental care, with the search, in part of that Humana Dental plan. Teledentistry services allow you to see a dentist within minutes from your computer, smartphone or tablet. If you're in pain or cannot visit a dentist's office, virtual dental care may be an option rather than a visit to the emergency room.

**How you can use teledentistry**  
 Typically, when you have a teledentistry visit, you will speak with a dentist through the online video chat or phone call. You can get access to care from the comfort of your home for a variety of dental needs. Humana Dental Care.

**When prescriptions for antibiotics or non-steroidal pain medications were needed 24-hour care, the cost of medications are covered by your dental plan.**

**Perform a visual exam for things like mouth, tooth or jaw pain**

**Provide information on what you're seeing, tooth or jaw pain**

**Help members determine if they need urgent emergency care or home care until they see their dentist**

**Help members find a dentist if they don't have one or if urgent**

**Tip to prepare for your teledentix virtual dental visit**

- 1 Register on the Teledentix app, or from your computer or Humana mobile website.
- 2 Print any required patient forms before your appointment.
- 3 Make list of any symptoms, questions or concerns in advance, so you'll be ready to discuss them with your provider.
- 4 Check any prescriptions, over-the-counter medications or supplements you're currently taking with your provider. If you have a particular pharmacy, have the name and address handy to send your provider, suggest prescription medications.

**To learn more about teledentistry or your Humana Dental benefits, visit [Humana.com](http://Humana.com).**

**Humana**  
 DENTAL CARE



# Manage your plan online

## MyHumana: Your dental plan at your fingertips

Once you become a Humana dental plan member, you can register for MyHumana. You'll get quick and secure access to your dental plan information anytime, anywhere:

- View, print and email your ID card
- Check your claims status
- Review deductibles and coverage details
- Chat with a representative about any of your dental plan questions
- Access your exclusive member discounts



To learn more about MyHumana and how to register once you become a member, scan the QR code or download the flyer [here](#).

**MyHumana**  
Your dental plan at your fingertips

Your personal MyHumana account gives you quick, convenient and secure access to your Humana dental plan information. It works on any PC, smartphone.

**Get quick access to your dental plan**

**Your plan and special benefits**  
View, print and email your ID card when you're ready. You can also check your ID card status and expiration date. You can also view your ID card history and download your ID card.

**Check your claims status**

**Review deductibles, coverage levels and costs**

**Find a dentist near you**

**A dashboard that gives you information at one spot**

**Check with a representative about any of your dental plan questions**

**Registering is easy**

1. Go to [Humana.com/MyHumana](#) and "Create MyHumana"
2. Confirm member information. Enter your member ID number to verify your identity. You'll receive a text message to confirm.
3. Create a username, password and security phrase and choose "Next" to finish.

**Use MyHumana anywhere**  
Download the MyHumana mobile app. Available on the App Store and Google Play. You can also use the app for text message alerts at [Humana.com](#).

**Humana**

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\* Message and data rates may apply.

## Important

### At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:  
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618  
If you need help filing a grievance, call **877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.
- **California residents:** You may also call California Department of Insurance toll-free hotline number: **800-927-HELP (4357)**, to file a grievance.

### Auxiliary aids and services, free of charge, are available to you. 877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

### Language assistance services, free of charge, are available to you. 877-320-1235 (TTY: 711)

- Español (Spanish):** Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.
- 繁體中文 (Chinese):** 撥打上面的電話號碼即可獲得免費語言援助服務。
- Tiếng Việt (Vietnamese):** Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.
- 한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.
- Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.
- Русский (Russian):** Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.
- Kreyòl Ayisyen (French Creole):** Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.
- Français (French):** Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.
- Polski (Polish):** Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.
- Português (Portuguese):** Ligue para o número acima indicado para receber serviços linguísticos, grátis.
- Italiano (Italian):** Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.
- Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.
- 日本語 (Japanese):** 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

#### فارسی (Farsi)

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

**Diné Bizaad (Navajo):** Wóda hí béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jii'eh saad bee áká'ánida'áwo'déé nika'adoowoł.

#### العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك

Insured by Humana Insurance Company, The Dental Concern, Inc., Humana Insurance Company of New York, or Humana Health Benefit Plan of Louisiana, Inc. For Arizona residents: Insured by Humana Insurance Company. For Colorado: The Network Access Plan, which describes an access plan specific to your network, is available by calling the customer service number found on your Humana Dental ID card and requesting a copy. For New Mexico residents: Insured by Humana Insurance Company. For Texas residents: Insured by Humana Insurance Company.

Dental PPO plans are not offered in all states. This is a limited policy. This is a dental only policy.

For Colorado: The Network Access Plan, which describes an access plan specific to your network, is available by calling the customer service number found on your Humana Vision ID Card/Dental ID card and requesting a copy.

For Texas: This plan provides benefits for contracted and non-contracted dentists. Non-contracted dentists have not agreed to provide services at contracted fees. If a member sees a non-contracted dentist their out of pocket costs may be higher than that charged by contracted dentists.

DISCOUNT ONLY – NOT INSURANCE. Discounts are only available at participating providers. The range of discounts will vary based upon participating provider chosen to provide services. Retail prices may vary by location. Humana does not make payment for these services. You are obligated to pay for all services received and you will receive a discount from the participating provider. A list of participating providers is available upon request.

This communication provides a general description of certain identified insurance or non-insurance benefits provided under one or more of our insurance benefit plans. Our insurance benefit plans have exclusions and limitations and terms under which the coverage may be continued in force or discontinued. For costs and complete details of the coverage, refer to the plan document or call or write your Humana insurance agent or the company. In the event of any disagreement between this communication and the plan document, the plan document will control.

