



**Welcome to simpler benefits  
for a healthier smile**

**United  
Healthcare**

# Introducing your Select Managed Care dental plan

We're here to help make your health care experience easier. This easy-to-use, simple-to-understand guide will help you get started.

## See more from your dental benefits

Getting the most out of your plan begins with understanding what it can do for you.

### A plan designed with you in mind

- No need to choose a primary care dentist
- 100% preventive coverage in the network
- Fixed, predictable copays
- No annual maximums, deductibles or waiting periods for services

### No referrals needed to see a dental specialist

If you need to see a dental specialist, such as an oral surgeon or endodontist, you can see them without a referral and get 25% off standard costs. Your plan may save you even more by requiring a referral. See your official dental plan documents for details.

If a network dentist or dental specialist is not available within a reasonable distance from where you live or work, you may be permitted to see an out-of-network dental provider and still receive services at the network rate. Call the number on your ID card for help.

### What's included in your coverage?

#### Preventive care

- **Preventive care is covered at 100% in the network.** It's important because your dentist can catch problems early when they're easier to treat.
- **Help prevent oral cancer by getting screened.** The American Cancer Society estimates that more than 53,000 people will get oral cancer in 2020.<sup>1</sup> Your plan covers oral cancer screenings for adults.
- While a primary care dentist isn't required, the benefit of having one is easy to see: a general dentist who knows your oral and overall health history can help diagnose and treat conditions that may range from routine to complex.

#### Fillings, crowns, braces and more

Your plan also covers many types of dental care, including fillings, crowns, orthodontia (braces) and even implants. You just need to pay a copay (a set dollar amount) at the time of your appointment.

#### Extra cleanings for expectant mothers

Increased bacteria levels in a pregnant woman's mouth can lead to tooth decay. For women who are pregnant, this plan covers extra visits for cleaning and gum treatments, as recommended by the dentist.



## Starting is easy:

### 1 Register for [myuhc.com](https://myuhc.com)<sup>®</sup>

#### Set up your account today

When it comes to managing your dental plan and making informed decisions, [myuhc.com](https://myuhc.com) can help—just follow these steps to sign up:

- Go to [myuhc.com](https://myuhc.com)
- Click on “Register Now”; you’ll need your ID card
- Follow the step-by-step instructions

It’s that easy. And getting on-the-go access is easy, too, with the UnitedHealthcare<sup>®</sup> app. Download it today to access your ID card, find nearby care and more.

### 2 Find a network dentist

#### There are 2 ways to find a network dentist:

- Use [myuhc.com](https://myuhc.com) or the UnitedHealthcare app. Search by name, facility or location and you’ll see a list of dentists who are part of your network.
- Call the phone number on your ID card

### 3 Use your dental ID card

#### New members will receive an ID card

Your dental plan ID card has information about you and your coverage. When you visit your dentist, show your card so they know how to bill for their services. You can take your card on the go with the UnitedHealthcare app, and you can also print your card on [myuhc.com](https://myuhc.com). Only the person who signed up for the plan (the subscriber) will be listed on the card, but the card can be used by everyone covered on the plan.



## Get the most out of your dental plan

[myuhc.com](https://myuhc.com) and the UnitedHealthcare app offer 2 easy ways to help you:

- Find the network care you need
- View and print ID cards
- Find cost estimates
- Sign up for paperless delivery
- See what’s covered and get information about preventive care
- View claims details and much more

## Learn more

To find your plan details, **log in to [myuhc.com](https://myuhc.com)** to see dental plan documents like your policy, riders and amendments, what is and is not covered, and required notices and other materials.

### We do not treat members differently because of sex, age, race, color, disability or national origin

If you think you weren't treated fairly because of your sex, age, race, color, disability or national origin, you can send a complaint to the Civil Rights Coordinator:

**Mail:** UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UT 84130

**Online:** [UHC\\_Civil\\_Rights@uhc.com](mailto:UHC_Civil_Rights@uhc.com)

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again. If you need help with your complaint, please call the toll-free member phone number listed on your ID card.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Please call the toll-free phone number listed on your identification card.

**ATENCIÓN:** Si habla **español (Spanish)**, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

**請注意:** 如果您說**中文 (Chinese)**, 我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員電話號碼。

**XIN LƯU Ý:** Nếu quý vị nói tiếng **Việt (Vietnamese)**, quý vị sẽ được cung cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Vui lòng gọi số điện thoại miễn phí ở mặt sau thẻ hội viên của quý vị.

**알림:** 한국어(**Korean**)를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 신분증 카드에 기재된 무료 회원 전화번호로 문의하십시오.

**PAALALA:** Kung nagsasalita ka ng **Tagalog (Tagalog)**, may makukuha kang mga libreng serbisyo ng tulong sa wika. Pakitawagan ang toll-free na numero ng telepono na nasa iyong identification card.

**ВНИМАНИЕ:** бесплатные услуги перевода доступны для людей, чей родной язык является **русский (Russian)**. Позвоните по бесплатному номеру телефона, указанному на вашей идентификационной карте.

**تنبيه:** إذا كنت تتحدث العربية (**Arabic**), فإن خدمات المساعدة اللغوية المجانية متاحة لك. الرجاء الاتصال على رقم الهاتف المجاني الموجود على معترف العضوية.

**ATANSYON:** Si w pale **Kreyòl ayisyen (Haitian Creole)**, ou kapab benefisye sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nimewo gratis ki sou kat idantifikasyon w.

You can also file a complaint with the U.S. Dept. of Health and Human Services:

**Online:** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at  
[hhs.gov/ocr/office/file/index.html](https://hhs.gov/ocr/office/file/index.html)

**Phone:** Toll-free **1-800-368-1019, 1-800-537-7697** (TDD)

**Mail:** U.S. Dept. of Health and Human Services  
200 Independence Avenue SW, Room 509F  
HHH Building  
Washington, DC 20201

We provide free services to help you communicate with us such as letters in other languages or large print. You can also ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan ID card.

**ATTENTION :** Si vous parlez **français (French)**, des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le numéro de téléphone gratuit figurant sur votre carte d'identification.

**UWAGA:** Jeżeli mówisz po **polsku (Polish)**, udostępniliśmy darmowe usługi tłumacza. Prosimy zadzwonić pod bezpłatny numer telefonu podany na karcie identyfikacyjnej.

**ATENÇÃO:** Se você fala **português (Portuguese)**, contate o serviço de assistência de idiomas gratuito. Ligue gratuitamente para o número encontrado no seu cartão de identificação.

**ACHTUNG:** Falls Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Bitte rufen Sie die gebührenfreie Rufnummer auf der Rückseite Ihres Mitgliedsausweises an.

**توجه:** اگر زبان شما **فارسی (Farsi)** است، خدمات امداد زبانی به طور رایگان در اختیار شما می باشد. لطفاً با شماره تلفن رایگانی که روی کارت شناسایی شما قید شده تماس بگیرید.

**ध्यान दें:** यदि आप **हिंदी (Hindi)** बोलते हैं, आपको भाषा सहायता सेवाएं, नैःशुल्क उपलब्ध हैं। कृपया अपने पहचान पत्र पर सूचीबद्ध टोल-फ्री फोन नंबर पर काल करें।

**DÍÍ BAA'ÁKONÍNIZIN: Diné (Navajo)** bizaad bee yániłti'go, saad bee áka>anída>awo'ígíí, t'áá jíik'eh, bee ná'ahóót'i'. T'áá shqodí ninaaltsoos nit'i'izi bee nééhozinígíí bine'dęę t'áá jíik'ehgo béésh bee hane'i biká'ígíí bee hodilniñh.

# United Healthcare

<sup>1</sup> "What Are the Key Statistics About Oral Cavity and Oropharyngeal Cancers?" American Cancer Society, Oct. 15, 2020. Web.

This policy has exclusions, limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, contact either your broker or the company.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

UnitedHealthcare dental coverage underwritten by UnitedHealthcare Insurance Company, located in Hartford, Connecticut or its affiliates. Administrative services provided by Dental Benefit Providers, Inc., United HealthCare Services, Inc. or their affiliates.