



Individual Dental Plan

Anthem 

Your dental health affects more than just your smile...



It can have a major impact on your overall health. That's why it's important to have solid dental benefits in place to complete your health care coverage.

But when you can't get dental coverage through your work, or with your other health care benefits, who can you count on?

Anthem Blue Cross and Blue Shield is proud to offer Individual Dental, a comprehensive dental plan that provides preventive, restorative and complex dental benefits, and gives you the option of using a cost-saving network of dental providers.

So whether you're self-employed, can't get dental coverage through your employer, retired, or would like dental benefits in addition to your Anthem Medicare Supplement, we think Individual Dental will give you something to **smile** about!

Here's how the plan works...

No Health Underwriting!

You can enroll in this plan regardless of your health—there are no medical questions to answer.

Save Money with Our Network of Dentists— or Pick the Dentist You Want!

To get the highest level of benefits, choose from our network of participating dentists. Of course, you're also free to choose a dental provider outside the network, but your share of the cost may be greater.

Preventive Benefits are Covered in Full!

When you visit a network dentist, you have no deductible or coinsurance to pay for any covered preventive or diagnostic service.

It's Convenient!

When you visit a network dentist, there's virtually NO paperwork! Your claims are automatically filed for you, in most cases.* To reduce your paperwork even more, you can take advantage of our automatic bank draft service, and have your premium drafted from your bank account monthly. Or, you can choose another payment method – we offer quarterly, semi-annual and annual billing.

Best of All

Anthem Individual Dental is available exclusively from Virginia's largest health insurer,** Anthem Blue Cross and Blue Shield.

*This added feature is not guaranteed by your policy and can be modified or discontinued at our discretion.
**Anthem Market Research, October 2004.

Important Facts

Before you review the benefits, here are some important facts you should know...

Anthem provides a network of participating dental providers to help you save on the cost of dental care. Visiting a network dentist will help you make the most of your benefits, because your share of the cost increases when you visit a non-participating dentist.

For example, non-participating dentists may not accept our reimbursement as payment in full. Therefore, you may be responsible for the balance of the bill for any service. In addition, with preventive care, diagnostic and radiographic services, you'll have a higher coinsurance amount when you visit a non-participating dentist, and with restorative and complex services, you'll have a separate, higher deductible.

Your Anthem Sales Representative has more information about our network dentists, or you can view Anthem's dental provider list at [anthem.com](https://www.anthem.com).

Some services require a deductible. A deductible is the amount you pay toward covered services each year before receiving benefits.

Anthem's Individual Dental Plan has a "family deductible" that saves you money when you have more than three family members covered on your plan. Once amounts counted toward individual deductibles equal the family deductible, (3 times the individual deductible), we consider all other deductibles met for the rest of the year.

- Restorative and Complex services require a coinsurance amount, a percentage you pay after the deductible. Preventive, diagnostic and radiographic care received from a non-participating provider also requires a coinsurance.
- Restorative and Complex services require a waiting period before benefits begin, even if you're coming from prior dental coverage. You will not receive credit toward your waiting period for any time you were covered under another dental plan.

Monthly Premiums

These rates are per person and subject to change.

- | | |
|----------------------|---------|
| 1) Adult under 50 | \$32.25 |
| 2) Adult 50 or older | \$37.50 |
| 3) Child* | \$20.75 |

With a child-only policy, the first child enrolled without an adult is charged the same as an adult under 50.

Plus one time \$25.00 application fee.

**No additional premium is charged for more than six children.*

To Apply:

Complete and sign the enclosed application. Send in your application, initial premium, and \$25 application fee to the address below. Your initial premium is your monthly rate times the number of months included in the billing option you choose (3 months for quarterly billing, 6 months for semi-annual billing, etc.) Even if you take advantage of our bank draft option, you must include your 1st monthly payment.

Please note: Anthem's Individual Dental billing cycle "resets" on June 1st of each year. Depending on when you apply and when your dental policy is effective, your chosen billing cycle may include the month of June. If so, your initial premium to be sent in with your application needs to only consist of the amount for months preceding June, plus the one-time \$25 application fee. If you send in premium for June or months beyond, this premium will be applied to your account and be credited on your next bill.

*Anthem Individual Dental
P.O. Box 14046
Roanoke, Virginia 24038-4046*

If you meet our eligibility requirements, and we receive your completed application, initial premium and \$25 application fee by the 20th of the month, your earliest coverage effective date will be the first of the following month. After the 20th, the earliest your coverage can begin is on the first of the second following month.

Preventive Benefits

Preventive, diagnostic and radiographic benefits *do not require a deductible or a waiting period*. And when you visit a network dentist, we cover these benefits at 100% of our allowable charge – your coinsurance is 0%. We cover 50% of the allowable charge when you visit a dentist outside the network.

Covered Service	Frequency	Coinsurance	
		In-network	Out-of-network
Diagnostic <i>(Oral exams)</i>	Two per year	0%	50%
Set of bitewing X-rays	One per year <i>(not in same year as full mouth x-ray)</i>	0%	50%
Full mouth X-rays <i>(Age 5 and over)</i>	One every three years	0%	50%
Preventive <i>(Includes cleanings, topical fluoride treatments for children under age 16, space maintainers for children under age 12)</i>	Two dental cleanings per year	0%	50%

Anthem Individual Dental has an annual maximum benefit of \$1,000 per covered person every calendar year the policy is in effect. This applies to preventive, restorative and complex benefits.

Restorative and Complex Benefits

Restorative and complex services *have waiting periods* before services are covered. You pay a \$50 annual deductible with an in-network dentist, and a separate \$100 annual deductible when you go out-of-network.

Covered Service	Waiting Period	Coinsurance		Deductible	
		In-network	Out-of-network	In-network	Out-of-network
Restorative Services <i>(fillings)</i>	6 months	50%	50%	\$50	\$100
Simple Extractions					
Adjunctive Services <i>(Emergency treatment of dental pain for minor procedure, general anesthesia with oral surgery)</i>					
Oral Surgery <i>(Includes root removal, treatment of abscess)</i>	18 months				
Prosthodontic Services <i>(Onlays, crowns, dentures)</i>					
Endodontic Services <i>(Root canals)</i>					
Periodontal Services <i>(Includes periodontal cleaning, scaling, root planing)</i>					

This is not a full listing of benefits. If you have questions about a specific benefit, please contact your Anthem Sales Representative.

Policy Terms

Coordination of Benefits

Anthem Blue Cross and Blue Shield policies all have a coordination of benefits provision. This provision explains that if you are issued an Anthem Blue Cross and Blue Shield Individual Dental Plan policy, and one of the persons covered by your Anthem policy is covered by a dental group plan, the dental group plan will have primary responsibility for the covered expenses of that family member. For any dependent children on your Anthem individual policy who are enrolled under another individual dental plan, the primary policy is the policy of the parent whose birthday (month and day) falls earlier in the calendar year. Parent birth year is not considered.

Eligibility

Individual Dental Plan coverage is available to those who:

- are under age 65, or 65 and older only if enrolled or enrolling in an Anthem Medicare Supplement plan;
- live in the Anthem Blue Cross and Blue Shield service area; and
- are not eligible for any group dental coverage.

Your spouse and dependent children are also eligible to apply. Dependent children must be:

- unmarried;
- under age 19 (or 23 if a full-time student); and
- not on active duty with any branch of the armed services.

This individual dental policy cannot be used as an employer-provided dental benefit plan. No employer of any person covered under this policy may pay any premium for this coverage, directly or indirectly, including through wage adjustment. "Employer" does not include a trade or business wholly owned by an individual, or individual and spouse, that has no other employees or that does not offer dental benefits to any other employees. Also, as it pertains to this provision, a church may purchase an individual dental policy if only purchasing it for one employee.

Renewability

Your policy is automatically renewed at the option of the Insured, as long as:

- premiums are paid in accordance with the terms of the policy;
- there is no documented pattern of abuse or misuse of our network by you;
- you make no fraudulent or material misrepresentation under the terms of this

coverage, including on your application; and

- the Insured resides in Anthem's service area.

We can refuse to renew this policy if all policies of the same form number are also not renewed. Any such action will be in accordance with applicable state and Federal laws.

Application fee

When you apply for Anthem Individual Dental, you must pay a \$25 application fee which is non-refundable upon termination of your application or policy.

Canceling your policy

If you wish to cancel your policy, you must tell us by phone or in writing. Other than the application fee described above, we'll refund any unused premium within 31 days after the cancellation date. Once you cancel your coverage, you cannot reapply for this coverage until 24 months after cancellation or lapse of this policy.

Termination

Coverage ends for a covered spouse upon divorce from the covered person in whose name the dental program was obtained (the Insured). Coverage will end for covered persons:

- if the required Premium is not paid when due, subject to a 31-day grace period;
- if there is a documented pattern of abuse or misuse of our dental network;
- at the Insured's request;
- at the Insured's death (a covered spouse or dependent may continue coverage under the dental program as long as the spouse or dependent contacts us within 31 days of the Insured's death to arrange for continued coverage); or
- when he/she begins active duty with the armed services;

In addition, coverage ends for dependent children:

- at the end of the year a child turns 23 or
- when the child marries.

If the covered child is incapable of earning a living because of a mental or physical handicap, coverage for the child will continue as long as the Insured's coverage is in force.

Limitations

Limitations & Exclusions

Like all dental coverage, this policy has limitations and exclusions.

“Limitations” are preset limits on covered services — for example, limits on the number of times you can receive a certain service over the life of your policy. “Exclusions” means services this policy does not cover. When we say “services,” we mean services and supplies. If you have questions about any of these limitations or exclusions or want to clarify the meaning of a dental or medical term stated below, please call your Anthem Sales Representative.

Limitations

Diagnostic Services

- 2 oral or periodontal evaluations (whether emergency or non-emergency) per calendar year

Radiographic Services

- 1 set of bitewing x-rays (not in same year as full mouth series x-rays) per calendar year;
- 1 full mouth series x-rays for covered persons age 5 and over every 3 calendar years; and
- 9 or more bitewing or periapical x-rays taken at one time will be considered a full mouth x-ray series; Up to 4 individual periapical films, but not in the same year as a complete mouth x-ray series, (does not apply when rendered in

conjunction with emergency treatment).

Preventive Services

- 2 dental cleanings, including periodontal cleanings each calendar year;
- 2 fluoride applications for covered persons under age 16 per calendar year;
- 2 space maintainers for covered persons under age 12 per lifetime; and
- 1 sealant for each unrestored permanent first and second molar for covered persons under age 16 per lifetime. There must be a lapse of a least 2 years from the time sealants are placed and the time a restoration is performed on the same tooth and surface for benefits to apply.

Restorative Services

- 1 amalgam or resin restoration (filling) per tooth per surface per calendar year. White-colored composite resin fillings will only be covered on anterior (front) teeth. If composite resin fillings are done on back teeth, then you are responsible for the difference between our allowable charge and the dentist’s charge for an amalgam filling.
- 1 pin retention per tooth per calendar year; and
- 1 stainless steel crown on each primary (baby) tooth per lifetime.

Limitations cont.

Endodontic Services

- 1 root canal; anterior, bicuspid or molar per tooth every 3 calendar years;
- 1 retreat of previous root canal; anterior, bicuspid, or molar per tooth per lifetime;
- 1 apicoectomy/periradicular surgery; anterior, bicuspid, molar, or additional root per root or tooth per lifetime;
- 1 retrograde filling per root or tooth per lifetime;
- Root canals are covered only on permanent teeth; and
- Therapeutic pulpotomy is covered only on primary (baby) teeth.

Periodontic Services

- 1 periodontal cleaning (Applies to your 2 cleanings per year) per calendar year;
- 1 periodontal scaling and root planing per quadrant every two (2) calendar years;
- 1 gingivectomy or gingivoplasty per quadrant every three (3) calendar years;
- 1 periodontal osseous (bone) surgery per quadrant every three (3) calendar years; and
- 1 full mouth debridement per lifetime.

Prosthodontic Services

- Services for bridges, crown, and

dentures are only covered for teeth extracted or missing after the dental policy's effective date, which includes initial placement only, unless for an existing bridge more than 5 years old;

- 1 adjustment or repair to partial or complete dentures per calendar year;
- 1 chairside relining of partial or complete dentures every 2 calendar years;
- 1 onlay, crown or bridge per tooth every 5 calendar years;
- 1 partial or complete denture per arch every 5 calendar years;
- 1 laboratory rebasing or relining of dentures per appliance every 5 calendar years;
- 1 crown repair per tooth per lifetime; and
- 1 crown recementation per tooth per lifetime.

Oral Surgery

- Use of anesthesia only in conjunction with surgical procedures; and
- 1 vestibuloplasty every 3 calendar years.

Adjunctive

- 1 palliative (emergency) treatment per calendar year; and
- Use of anesthesia only in conjunction with surgical procedures.

Exclusions

Anthem Individual Dental Plan does not cover:

- Services not listed or described in your policy as a covered service;
- Dental services that are covered under any other dental benefits plan under which a covered person is enrolled;
- Dental services with respect to congenital or developmental malformation or primarily for cosmetic purposes except as specified in your policy;
- Upgrading of serviceable dentistry;
- Services rendered prior to the covered person's effective date, and services rendered on or after the covered person's effective date that are directly related to services received by the covered person before the effective date;
- Services rendered after the date of termination of this policy;
- Dental pit/fissure sealants on other than first and second permanent molars;
- Diagnostic photographs;
- Dietary instruction or other counseling;
- Silicate restorations;
- Sedative fillings;
- Root canal therapy on other than permanent teeth;
- Pulp capping (direct or indirect);
- Separate charges for pulp vitality tests and bases and liners under restorations;
- Therapeutic pulpotomy on other than primary teeth;
- Guided tissue regeneration, including flap entry or re-entry and closure;
- Gingival curettage;
- Separate charges for irrigation or re-evaluation following periodontal therapy;
- Periodontal splinting and occlusal adjustments for periodontal purposes;
- Controlled release of medications to tooth crevicular tissues for periodontal purposes;
- Repositioning appliances or restorations necessary to increase vertical dimensions or restore or correct the occlusion;
- Services rendered for purposes other than to eliminate oral disease and/or replace covered missing teeth (mouth rehabilitation);
- Gold foil restorations;
- Inlays;
- Temporary dentures or temporary crowns, or duplicate dentures;
- Services to replace teeth that were lost or extracted prior to the policy's effective date;
- Services to replace non-functioning teeth;
- Fixed bridges when done in conjunction with a removable appliance in the same arch;
- Precision attachments for dental appliances;
- Tissue conditioning;
- Prefabricated resin crowns;
- Dental implants and associated services in conjunction with implants;

Exclusions cont.



- Consultations (including telephone consultations), charges for failure to keep a scheduled visit, charges for completion of a claim form, or charges for providing information in connection with a claim;
- Occlusal guards and athletic mouth guards;
- Bleaching or whitening of discolored teeth;
- Behavior management or hypnosis;
- Prescription drugs and therapeutic injections;
- Separate charges for infection control procedures and procedures to comply with Occupational Safety and Health Administration (OSHA) requirements;
- Analgesics (nitrous oxide);
- Occlusal analysis;
- Tooth desensitizing treatments;

When coverage is available for the following services, these services require the performance of diagnostic x-rays six months prior to the earlier of (1) the request for predetermination of such services or (2) the date the services were rendered:

- more than one (1) crowns;
- fixed prosthetic devices; or
- surgical extraction of impacted teeth.

If diagnostic x-rays are not preformed as specified here, the services listed are not covered.

- Services that we deem, in our sole discretion, to be experimental/ investigative;
- Services that are not medically necessary as determined by us, in our sole discretion;
- Services of any type rendered in conjunction with the services of an attending Provider whose services are not covered by this policy;
- Services provided by your immediate family or by you; services rendered by a provider or provider's employee to a co-worker;
- Services covered under Federal or state programs (except Medicaid), or under any program to which the government contributes money. These programs include: Veterans Administration (VA) Hospitals; worker's compensation; and occupational disease law. This exclusion applies whether or not you waive your rights to payment. However, we will provide benefits once your benefits are exhausted under government- financed programs;

Exclusions cont.

- Services for, or related to, cosmetic surgery and/or procedures, including routine complications thereof. Cosmetic surgery is a procedure performed to improve a person's appearance;
- Services not prescribed by or performed by or upon the direction of a provider licensed to do so;
- Services received from a dental or medical department maintained by or on behalf of an employer, a mutual association, labor union, trust, or similar person or group;
- Medical or dental services related to temporomandibular joint (TMJ) dysfunction, therapy or surgery, regardless of the reason such services are performed;
- Acupuncture;
- Anesthesia when used other than in conjunction with surgical services; and
- Separate charges for hospital visits or other facility charges.





This refers to Policy #AVA1394 and Application Form # AVA1183. Coverage is not available to Virginians residing in the city of Fairfax, the town of Vienna or the area east of State Route 123.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Virginia, Inc. An independent licensee of the Blue Cross and Blue Shield Association.

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