



GET TO KNOW YOUR DENTAL PLAN BENEFITS

Regular dental care can help protect your overall health

Proper dental care is about more than just a beautiful smile. It can also impact your overall health. Learn more about your dental benefits so you can get the most from your Blue Plus dental plan.

ORAL HEALTH IMPACTS OVERALL HEALTH

Regular dental exams can help detect gum disease, a common condition that is directly linked to heart disease, stroke and diabetes.* Your Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Plus) plan includes preventive benefits like checkups and cleanings, plus other basic dental services like fillings.

These important visits can help detect health problems early, when they are less costly to treat. Plus, most preventive care is covered at 100 percent — meaning you won't pay anything for these appointments.

MAKE THE MOST OF YOUR DENTAL BENEFITS

Find an in-network dentist

It's important to see a dentist who is in your plan's network. To find an in-network dentist, call **1-800-774-9049**, TTY **711**, Monday through Friday from 8 a.m. to 5 p.m. Central Time. Or visit bluecrossmn.com/DeltaDental and select "Minnesota Select Dental" from "covered under" in the drop-down list to get started.

Get a safe, reliable ride to your appointment

BlueRideSM transportation service offers you a safe and reliable ride to covered medical, dental and pharmacy visits with providers in your plan's network. Call **1-866-340-8648**, TTY **711**, Monday through Friday, 8 a.m. to 5 p.m. Central Time to schedule a ride.

Restrictions and conditions apply. See Member Handbook for criteria.

*www.aao.org/connect/15-health-issues-caused-by-poor-oral-health.



Get help using your dental benefits

Delta Dental Member Services is available to help you find a dentist, schedule appointments, and connect you with BlueRide to help you find a ride to your appointment if needed.

Call **1-800-774-9049**, TTY **711**, Monday through Friday from 8 a.m. to 5 p.m. Central Time. Or visit bluecrossmn.com/PublicPrograms

for more
information.



ADDITIONAL PROGRAM FOR FAMILIES AND CHILDREN AND MINNESOTACARE MEMBERS

Earn a reward for completing an annual dental exam

Blue AdvantageSM Families and Children and MinnesotaCare members between the ages of 2 and 64 years can earn a \$25 reward when you get an annual preventive dental cleaning. Visit bluecrossmn.com/HealthyRewards to learn more or to enroll in the Healthy Rewards program.

ADDITIONAL PROGRAM FOR MSC+ MEMBERS

Get extra support from your Care Coordinator

Blue AdvantageSM Minnesota Senior Care Plus (MSC+) members age 65 and over can get extra support from a Care Coordinator. They're available to help you understand your benefits, find transportation to appointments, and more. To get in touch with your Care Coordinator, call the Member Services number on the back of your member ID card.

Blue AdvantageSM and MinnesotaCare
Toll free 1-800-711-9862; TTY 711

Attention. If you need free help interpreting this document, call the above number.
Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.
Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.
Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.



or



Civil.Rights.Coord@bluecrossmn.com 1-800-711-9862, TTY 711

Discrimination is against the law. Blue Plus does not discriminate because of race, color, national origin, creed, religion, sexual orientation, public assistance status, marital status, age, disability or sex.

Each dental provider is an independent contractor and is not our agent.

Delta Dental of Minnesota is independent from Blue Cross and Blue Shield of Minnesota and Blue Plus. Delta Dental provides services for dental benefits, including access to the Minnesota SelectSM Dental Network.