

Dental Plans
**Select Managed
Care DHMO**
California

Simpler
benefits for
a healthier
smile.



The California Select Managed Care DHMO
plan from UnitedHealthcare Dental*

welcometouhc.com/cadhmo

Toll-Free **1-888-679-8925**

Habla Español? Podemos ayudar.



We're focused on helping you save money and keeping your teeth and gums healthier.



Giving you simplicity and lower costs.

This is a simpler, lower-cost plan that covers a range of dental services. You will need to choose a primary care dentist and your dentist will provide most of your care. If you choose to see a dentist that is not in our network, you won't receive coverage so it's important to stay in the network.

Your primary care dentist will help manage your care.

You'll need a referral from your dentist to see a network specialist.

Preventive care is covered 100% in our network.

Get coverage on hundreds of services.

No deductibles and annual maximums.



Helping you stay healthier.

Your plan may include the following wellness benefits. Please review your dental plan documents to view all the coverage details.

Oral cancer screenings.

Adults (age 18 and older) may get oral cancer screenings as part of your preventive care benefit.

There are over 49,000 new cases of oral cancer detected¹ and a little over 60% survive more than five years.²

Extra care during pregnancy.

You may get extra dental visits during pregnancy and the first three months after birth.³

Pregnant women are at higher risk of dental disease.⁴

During pregnancy, a woman is more likely to have gum disease. And gum disease is associated with pregnancy complications. Once a woman gives birth, she can pass oral bacteria on to her baby through kisses and sharing spoons. That's why it's so important to treat and detect oral diseases during pregnancy. And it's good to know that seeing a dentist when you're pregnant is safe.



How your teeth affect your health.

Gum disease is a painless disease that causes bacteria and toxins to enter your blood, which may also be connected to:⁵

- ✓ **Diabetes**
- ✓ **Heart disease**
- ✓ **Pregnancy complications**
- ✓ **Respiratory conditions**
- ✓ **Rheumatoid arthritis**



Find your primary care dentist.

Each family member can have their own primary care dentist. Before you enroll, search the network to find the dentist that is right for you.

Visit welcometouhc.com/cadhmo.

The network in California that you will want to search is called CA Select Managed Care DHMO.



Paying for dental care.

This plan is about being simpler. There are no deductibles and no annual maximums.

Please review your dental plan documents to view the plan's specific coverage and cost details.

1 Copayments.

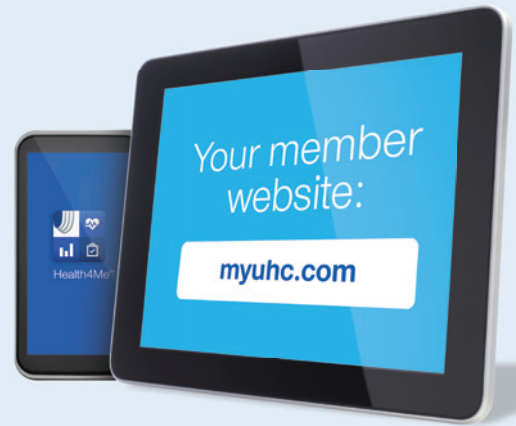
Hundreds of services and procedures will be covered with a fixed copay amount. This does not usually apply to preventive care services received in the network.

2 No deductibles.

There is no minimum amount that you must pay before the plan begins to pay.

3 No annual maximums.

There is no limit to how much the plan will pay for covered services during the plan year.



Tap into your benefits on myuhc.com[®] and the UnitedHealthcare Health4Me[®] app.

SEARCH

for a network dentist or dental clinic.

ACCESS

and share your digital dental plan ID card.

ESTIMATE

dental costs.

VIEW

claims and more.

Learn more.



Call 1-888-679-8925
Habla Español? Podemos ayudar.



Visit welcometouhc.com/cadhmo

We do not treat members differently because of sex, age, race, color, disability or national origin. If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to the Civil Rights Coordinator.

Online: UHC_Civil_Rights@uhc.com

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

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 phone number listed on your ID card, TTY 711, Monday through Friday, 8 a.m. to 8 p.m.

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 <http://www.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, D.C. 20201

We provide free services to help you communicate with us, such as letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your ID card, TTY 711, Monday through Friday, 8 a.m. to 8 p.m.

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 русским (Russian). Позвоните по бесплатному номеру телефона, указанному на вашей идентификационной карте.

لعب فصراخلا فنيو عتلا فقاطب ىلع ع جردملا يناعجلما فتاعلا مقرب لاصتال اى جزي. لفل عحاتم فيناعجلما فيوغلللا قدع اسجلما تاماخ ن ناف. (Arabic) فيبعرعلا شذحتت تنك اذا : يوبين

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.

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), udostępniemy 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.

ATTENZIONE: in caso la lingua parlata sia l'italiano (Italian), sono disponibili servizi di assistenza linguistica gratuiti. Per favore chiamate il numero di telefono verde indicato sulla vostra tessera identificativa.

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.

注意事項：日本語 (Japanese) を話される場合、無料の言語支援サービスをご利用いただけます。健康保険証に記載されているフリーダイヤルにお電話ください。

ديريگب سامت ددى امش ىي اساسان شراك يور هك ىناگىار نفلت هرامش اب افطل. شتاب ىم امش رايتخا رد ناگىار روط بب ىنابن دادما تاماخ، سسا (Farsi) سىراف امش ناىز رگا : چوت

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

CEEBOOM: Yog koj hais Lus Hmoob (Hmong), muaj kev pab txhais lus pub dawb rau koj. Thov hu rau tus xov tooj hu deb dawb uas teev muaj nyob rau ntawm koj daim yuaj cim qhia tus kheej.

ចំណាប់អារម្មណ៍: បើសិនអ្នកនិយាយភាសាខ្មែរ (Khmer) សំរាប់សេវាឥតគិតថ្លៃ គឺមានសំរាប់អ្នក។ សូមទូរស័ព្ទទៅលេខគិតគិតថ្លៃ ដល់មានសេវា ឥតគិតថ្លៃសម្រាប់អ្នក។

PAKDAAR: Nu saritaem ti llocano (Ilocano), ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyan. Maidawat nga awagan iti toll-free a numero ti telepono nga nakalista ayan iti identification card mo.

DÍÍ BAA'ÁKONÍNÍZIN: Diné (Navajo) bizaad bee yánilti'go, saad bee áka'anída'awo'ígíí, t'áá jíik'eh, bee ná'ahóót'i'. T'áá shqódi ninaaltsoos nitl'izí bee nééhozinígíí bine'déé' t'áá jíik'ehgo béesh bee hane'i biká'ígíí bee hodiilnih.

OGOW: Haddii aad ku hadasho Soomaali (Somali), adeegyada taageerada luqadda, oo bilaash ah, ayaad heli kartaa. Fadlan wac lambarka telefonka khadka bilaashka ee ku yaalla kaarkaaga aqoonsiga.

¹ American Cancer Society. Oral cavity and pharynx. 2017 American Cancer Society, Inc. Web.

² American Cancer Society. Oral cavity and pharynx. Surveillance, Epidemiology, and End Results (SEER) 18 registries, National Cancer Institute, 2016.

³ This service is not available in all states.

⁴ Pregnancy, American Dental Association. Center for Scientific Information, ADA Science Institute. 10 July 2017, Web.

⁵ American Dental Association. Mouth Healthy Gum Disease. © 2017 American Dental Association, 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 your employer, broker or the company.

*Benefits for the UnitedHealthcare Dental DHMO plans are offered by Dental Benefit Providers of California, Inc. UnitedHealthcare Dental is affiliated with UnitedHealthcare.

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