

You have access to virtual dental care anytime, anywhere



It's more convenient than ever to make sure your teeth and gums are healthy — and it's covered by your dental plan

Your Anthem plan gives you access to dental care from the comfort of home — or wherever you may be. You can talk to a dentist online, 24/7, through a virtual visit with The TeleDentists®. You can also choose virtual services for teeth straightening through Anthem's Ortho@Home program.

The TeleDentists virtual visits

Anthem has partnered with The TeleDentists to offer you virtual visits with board-licensed dentists. You can talk to a dentist online, anytime, by mobile app, phone, or the web.

You can receive a dental exam, a second opinion, an orthodontic treatment, or an emergency consultation for dental pain. A virtual visit can help you avoid the need to go to an urgent care center or emergency room.

Remember, if you have a dental emergency, you should contact your primary care dentist first. If you don't have a primary dentist or cannot reach yours, a virtual visit with The TeleDentists is a convenient option.

Your plan covers virtual visits the same as dental care that's provided in a dental office. Your deductible and coinsurance are the same for virtual and in-office care. You can save by choosing dental care professionals in your plan's network, including The TeleDentists.

How to begin a virtual visit

- Log in to your account at [anthem.com](https://www.anthem.com) or through our SydneySM Health mobile app. If you don't have an account yet, you will need to create one.
- On the main page, select **Find Care**, and then look for a dental professional and select the link for The TeleDentists.
- That will take you to the website for The TeleDentists, where you'll be in a virtual waiting room while you answer questions about your health history, just like you would at a dentist's office.
- Then, you will be connected with a licensed dentist for a virtual visit in as little as five minutes. The dentist will assess your needs and recommend follow-up treatment, if needed.

If you have questions about your dental benefits, call 844-402-KEHP (5347) to talk with an Anthem representative. We're here to help, Monday through Friday, 8 a.m. to 8 p.m. ET.



Department of
Employee Insurance





At-home teeth straightening

If you want or need mild-to-moderate teeth straightening, we have made it more convenient and affordable for you to use dental aligners from the convenience of your home. Through our Ortho@Home program, you can receive discounts from brands such as Byte.¹ This gives you access to at-home clear aligner therapy as well as retainers and teeth whitening when treatment is finished. When you choose one of these brands, you'll save \$150 to \$200 off retail pricing for at-home orthodontics.

Ortho@Home is convenient, too, since you can do everything at home — there's no need for monthly follow-up visits to an orthodontist's office.

Here is how it works:

1. To find a participating dental care professional, visit [anthem.com](https://www.anthem.com) or use our Sydney Health mobile app.
2. On the main page, select Find Care, and then look for a dental professional by entering your ZIP code and selecting Search.
3. Choose an orthodontic professional to be taken to their website for more information.
4. You have two options for creating impressions of your teeth. You can order an at-home impression kit from a retailer in your plan's network (\$0 with rebate) or visit a retail location in your plan's network for a digital scan.
5. A dental professional or orthodontist will decide on the most appropriate care and create a treatment plan for you.
6. When treatment is complete, you will receive your first retainer at no extra cost to help keep your smile in place.

Your out-of-pocket cost depends on your orthodontic plan. You can save money by choosing a dental care professional in your plan's network.²

When you need dental care, you can rest assured that we will help make it easier for you anytime, anywhere.

¹ Ortho@Home is available to eligible Anthem members with orthodontic coverage. Coverage is included on plans with the Prime and Complete and Dental Blue 100/200/300 PPO networks.

² Out-of-pocket cost estimate based on Anthem plan design for employee-only coverage with a 50% orthodontic benefit. This is only an example. Actual costs will vary based on the individual member's plan design. Standard orthodontic coinsurance and maximums apply. Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of Anthem Blue Cross and Blue Shield ©2020-2022.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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