

Get to know your benefits

Thank you for choosing Delta Dental of Massachusetts as your trusted smile partner. As a Delta Dental member, you will enjoy convenient access and unmatched value. With 3 out of 4 dentists nationwide participating in a Delta Dental network, you'll be sure to find a dentist near your home or work. By visiting an in-network dentist, you'll benefit from significant cost savings.

Managing your dental plan - and your oral health - has never been easier with Delta Dental's digital tools and resources.

Visit deltadentalma.com for access to:



Find a Dentist search tool

Find an in-network dentist in your area with our searchable directory.



Dental Care Cost Estimator

Discover what a dental procedure will cost before your visit with our estimator tool.



DentaQual®

View dentists' ratings when searching for a participating provider with our 5-star performance scale.



TeleDentistry

Schedule a virtual visit with a dentist 24/7 by visiting teledentistry.com/ddma.

Access the secure member portal for:



Coverage information

Review your dental plan information including eligibility, waiting periods, plan maximums and frequency limitations.



Claims history

View the status of your claims or pre-estimates.



Mobile ID card

Print or download a replacement ID card.



Manage your oral health, anytime, anywhere with the *Delta Dental Mobile App:

Stay informed with your oral health:



Sign up for our Member Brush Up Newsletter [here](#).



Visit our member engagement website ExpressYourHealthMA.com.

- ✓ Benefit information and reminders
- ✓ Oral health tips for at home care
- ✓ DDMA community initiatives



Need assistance?

Call our Customer Care center: 800-872-0500.
Representatives available Mon-Fri 8 am - 8 pm EST
Email: customer.care@deltadentalmass.com

- ✓ Quick and easy access to digital ID cards
- ✓ Detailed claims information
- ✓ Review your dental policy coverage
- ✓ Find a Dentist search tool
- ✓ Dental Care Cost Estimator tool

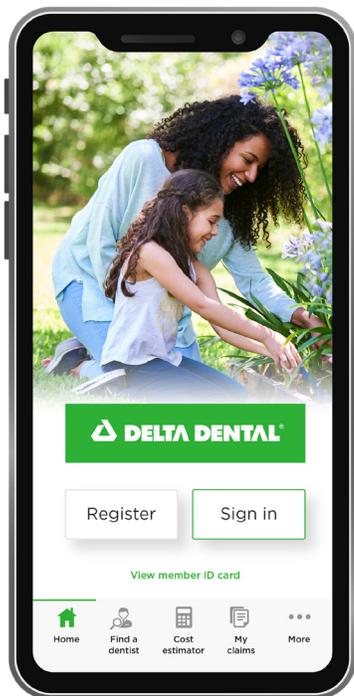


Scan to download the Delta Dental Mobile App.

*Members must first register on the Delta Dental of Massachusetts secure, member portal.

Delta Dental Mobile App

Manage your oral health
anytime, anywhere



Delta Dental Mobile App features

-  Quick and easy access to digital member ID cards — option to save to Apple Wallet or Google Passbook for extra convenience.
-  Look up detailed claims information for your dentist visits over the last 18 months.
-  Review your dental policy coverage details such as deductibles, maximums and other benefits.
-  A dentist search tool that helps members quickly find an in-network provider nearby.
-  Save preferred dentists for quick access when making appointments.
-  Our easy-to-use Dental Care Cost Estimator tool provides estimated cost ranges for common dental care needs (not available in all geographic areas).

Getting started

Members must first be registered for the Delta Dental of Massachusetts secure, [member portal](#). Once registered for the portal, members will use the same username and password to register and login to the mobile app.



SCAN TO DOWNLOAD
DELTA DENTAL MOBILE APP

The Delta Dental Mobile App is optimized for iOS (Apple) and Android devices. To download our app on your device, visit the App Store (Apple) or Google Play (Android) and search for Delta Dental Mobile App. Or, scan the QR code at the left. You will need an internet connection in order to download and use most features of our free app.

Please note information displayed may vary based on your particular coverage. For more information on your coverage, contact your Delta Dental company. "Delta Dental" refers to the national network of 39 independent Delta Dental companies that provide dental benefits and is a registered trademark of Delta Dental Plans Association.

Keeping your teeth clean is easier and less expensive than ever



As a member of Delta Dental, you can now take advantage of significant discounts on two kinds of Z Sonic toothbrushes, as well as replacement heads.

With your member discount, you can get the premier Z Sonic Pulse toothbrush for \$59.95, \$40 off the Manufacturer's Suggested Retail Price (MSRP). The offer includes 1 Premium brush head and USB charging cord. And as a member you also get discounts on replacement heads.

The Z Sonic Pulse pulses up to 41,000 times a minute and has 2xs the whitening power.

Take Your Sonic Cleaning on the Road



If you travel and want to keep your mouth healthy on the road, you can also pick up a Z Sonic travel toothbrush for \$14.50. This portable, battery powered, toothbrush gives you the benefits of sonic brushing in a size that can fit in your carry on, in the glove compartment or in your desk drawer.

Save On Replacement Heads Too

You can also get replacement heads for both the Z Sonic Pulse or Z Sonic Mini at 50% off retail costs. And if you buy replacement heads and the toothbrush together, you can get FREE shipping.

Here's how to order

Online

- Go to: myzsonic.com/DDMA
- Add products to your cart
- Enter payment information

By Phone

- Call 888-228-7706
- Be sure to mention that you are a Delta Dental of Massachusetts member

Discount Codes:

- Z Sonic Pulse
\$59.95 (MSRP: \$99.95)
- Classic Brush Heads (4)
\$26.26 (MSRP: \$43.76)
- Premium Replacement Heads (4)
\$31.06 (MSRP: \$51.76)
- Z Sonic Mini Travel Toothbrush
\$14.50 (MSRP: \$24.95)
Promo Code: DDMA4
- Mini Adult Replacement Heads
\$16.00 (MSRP: \$32.00)



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The plan is not insurance coverage and does not meet the minimum creditable coverage requirements under the Affordable Care Act or Massachusetts M.G.L. c. 111M and 956 CMR 5.00.

Make your benefits go further by choosing the *right* dentist

Just choose a dentist from our Delta Dental PPO network.



Did you know that the cost for a filling, a crown or other dental procedures can vary from dentist to dentist? This means that you could end up paying more – and in some cases much more – based on which dentist you choose. The good news is that we’ve made it easy for you to get the best price for care every time.



This example shows how much you can save on a porcelain crown.

Save all year long

Over the year, dental costs can add up. You can lower your out of pocket expense and make your annual maximum go further by utilizing providers in the Delta Dental PPO network.

When you choose a Delta Dental PPO dentist, your coinsurance is calculated off of a lower provider fee, using less of your annual maximum and lowering your out-of-pocket expense.

And because you are a Delta Dental of Massachusetts member, the Delta Dental PPO providers will not ask you for additional money beyond our discounted rate. In short, with participating providers you’ll receive more services for less money.

	BIGGEST SAVINGS		
When you visit a:	Delta Dental PPO Dentist	Delta Dental Premier Dentist	Non-Participating Dentist
Retail fee charged by dentist	\$1,288	\$1,288	\$1,288
Our lower, negotiated fee	\$907.30	\$1,209.74	No lower fee
Benefit level	50%	50%	50%
What you pay	\$453.65	\$604.87	\$644.00
Additional member out-of-pocket expense	\$0	\$151.22	\$190.35

How can I find a Delta Dental PPO dentist?



By choosing a Delta Dental PPO dentist you will receive the lowest costs on covered services and access to a large network of dentists nationwide.

You can find a Delta Dental PPO dentist near you by visiting deltadentalma.com or calling us at the number on your member ID card.

You can also obtain an estimate of what your services will cost by utilizing the cost estimator tool found on the Delta Dental mobile App. To download our app on your device visit the App Store (Apple) or Google Play (Android) and search Delta Dental. Or, scan the QR code at right.



Scan to download our Delta Dental mobile app

Please note: The Delta Dental PPO Network, is not the same as the Delta Dental Premier Network. Even though you have access to both networks, the discounts are not the same between the two networks.

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Delta Dental of Massachusetts

465 Medford Street, Ste. 400
Boston, MA 02129
deltadentalma.com

A healthy smile for life!



you can prevent
oral health problems

What is gum disease?

- Periodontal disease is an infection of your gums and jawbone.
- Gingivitis is an infection in your gums.

Gum disease

- Gets worse if not properly treated.
- Can be passed on to other family members.
- Can appear without symptoms so people may not know they have it.
- May affect the outcomes of other diseases, such as diabetes and heart disease.
- May lead to premature birth in pregnant women.

How is gum disease treated?

- A deep cleaning by your dentist to remove the bacteria that is damaging your gums.
- Prescription mouth rinse or fluoride toothpaste, or other medicine to use at home.
- Some people may need gum surgery.

Stay healthy after treatment for gum disease

- Floss daily.
- Brush twice a day.
- Visit your dentist regularly for oral exams and cleanings.
- Use at-home products your dentist recommends.
- Do not chew or smoke tobacco.



What causes cavities?

- Bacteria in your mouth.
- Frequent snacking and sipping sugary drinks.
- Not cleaning your teeth well.

Reduce your risk for cavities

- Brush for two minutes, twice a day, with fluoride toothpaste.
- Brush your teeth after eating sugary or starchy foods.
- Floss daily to remove food trapped between teeth.
- Chew Xylitol gum.

Protect your teeth with sealants

- A dental sealant is a thin, plastic coating painted on the chewing surfaces of teeth -- usually the back molars -- to prevent tooth decay
- Takes only a few minutes to apply a sealant to a tooth.
- Last for 5 years or longer.

Who should get sealants?

- Children when their first molars (ages 6-7) and second molars (ages 12-13) emerge.

Plan Ahead

Ask Your Dentist for a Pre-treatment Estimate

Find out ahead of time whether a proposed dental treatment is covered and how much it will cost.

Pre-treatment estimates give you an approximate idea of how much a dental treatment will cost overall and what to expect for an out-of-pocket cost.



Estimates can be provided for any procedure, but are recommended for services that usually cost over \$300, such as such as crowns, wisdom tooth extractions, braces, bridges, dentures and oral surgery.

Pre-treatment estimates help you:

- Make informed decisions about your health care dollars
- Avoid unexpected out-of-pocket expenses and bills
- Verify that you are receiving treatment from a participating dentist
- Confirm that the treatment/service is covered under your plan

It's easy to get a pre-treatment estimate

1

Ask your dentist to submit a pre-treatment estimate to Delta Dental

2

Delta Dental will review the proposed treatment based on the type of plan you have, your eligibility, your current plan benefits and the amount remaining in your annual maximum.

3

Delta Dental mails you and your dentist a pre-treatment explanation of benefits (EOB) confirming the covered services, how much Delta Dental will pay and how much you will pay in out-of-pocket costs.

Pre-treatment estimates are based on eligibility and the plan design on the date the estimate is processed and are not guaranteed for future benefits.

deltadentalma.com

Find a Dentist

Searching for a dentist in your network

With the largest network of directly contracted dentists nationwide, you're certain to find a Delta Dental dentist near you.

1 Go to our [Find a Dentist tool](#):



Scan to access the Find a Dentist tool

2 Select a Specialty from the drop-down menu or leave 'Any Specialty' to see all dentists:

Specialty:

Any specialty 

3 Select Delta Dental PPO Plus Premier in the plan network drop-down menu:

Plan network:

Select network plan 

Select network plan

Delta Dental PPO

Delta Dental Premier

Delta Dental PPO Plus Premier

Delta Dental PPO Plus Premier™ plan combines the PPO and Premier network, which gives you the benefits of our lowest out-of-pocket costs and largest network of dentists.

4 Search by current location or select 'No' to enter zip code:

Search by current location:

Yes No

ZIP code, city, or address

5 Select 'Find dentist':

Find dentists

