

# Your dental benefits

## What your dental plan covers

Your Premera Blue Cross dental plan covers preventive dental care at little to no cost. Your preventive dental benefits include the following:

- Routine oral exams
- Preventive cleanings
- Bitewing x-rays
- Fluoride
- Sealants, limited to permanent teeth

*Age and frequency limits may apply.*

## Use an in-network dentist to get the most value

- Lower out-of-pocket costs
- Claims are filed by your dentist

To find a dentist in the Dental Choice (GRID+) network anywhere in the country, search our provider directory at [premera.com](https://premera.com).

## If you live or travel outside of Washington or Alaska

Your Dental Choice network now includes access to the national Dental GRID.\* Wherever you are in the U.S., you can get the care you need through one of the country's largest national dental networks exclusively designed for Blue Cross Blue Shield members like you.

To find a participating GRID+ provider anywhere in the country, select the Dental Choice (with GRID+) network in our provider directory at [premera.com](https://premera.com).

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Visit [premera.com/dentalhealth](https://premera.com/dentalhealth) to learn more about dental health and use the cost estimator tool to prepare for your next dental visit. The Ask a Dentist feature offers a no-cost option to securely email a question.



\*Dental GRID is a service of GRID Dental Corporation, which is an independent company that coordinates network access exclusively for members of participating Blue Cross and Blue Shield plans, including Premera's clients and their members.