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| Your dental benefits Good dental care affects health, well-being, and overall quality of life.  **What your dental plan covers**  Your Premera Blue Cross dental plan covers preventive and diagnostic dental care at little to no cost. Your preventive dental benefits include:   * Routine oral exams * Preventive cleanings * Bitewing x-rays * Fluoride treatments for members 18 or younger * Sealants, limited to permanent teeth for members 18 or younger   **Use an in-network dentist to get the most value**   * Your out-of-pocket costs are lower * The dentist files claims for you   **If you live outside of Washington or Alaska**  Dental providers who participate in the United Concordia Advantage Plus network are in-network for Premera Choice dental plans. Ask your provider if they are contracted with United Concordia Advantage Plus or call the Premera customer service number on the back of your Premera member ID card for verification.  **TIP:** To find an in-network dentist, sign in at **premera.com** and use the Find Care tool. |
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