

DentalOne



Regence
BlueShield

An Independent Licensee of the Blue Cross
and Blue Shield Association

Individual Plan

Quality Coverage Made Simple

***Dental care that meets your needs
Reduced out-of-pocket expenses
Simplicity of service***

This is what you get with DentalOne – the Regence BlueShield dental plan for individual members.

With DentalOne, you will work with a plan dentist to maintain your dental health through routine exams and other preventive care services. A wide range of other specialty dental services is also available to meet your dental needs.

Your out-of-pocket expenses are limited to low per-visit charges and applicable copays for covered services. And, you don't have to pay a deductible.

Furthermore, you don't have to worry about filing claims, obtaining preauthorizations, or other paperwork hassles.

We make it easy for you.

DentalOne care is provided by the dentists and staff of the Willamette Dental Group – one of the largest managed dental care groups in the nation. Services are provided by highly qualified professionals in conveniently located, state-of-the-art offices.

Scheduling appointments is simple. Willamette Dental Group offices are open six days a week, Monday through Saturday, from 7 a.m. to 6 p.m.

Just identify yourself as a Regence BlueShield DentalOne member when you arrive for your appointment, and pay any applicable copay amounts.

We'll take care of the rest.

DentalOne Plan Overview

There are no deductibles and no annual maximums. For the most commonly used basic dental services, you simply pay the low per-visit copay and any other applicable copays. Major services are provided beginning on the first day of the seventh month of continuous coverage under this contract at the level listed below. Refer to your contract for details.

Per-Visit Copay: \$15.00

Services Provided at No Additional Charge:

- Initial exams, child or adult preventive oral hygiene kits
- Children's cleanings (through age 12)
- Children's fluoride treatments (through age 12)
- Periodic examinations
- X-rays (up to four bitewings)
- Custom sports mouth guards
- Orthodontic evaluation

Services Provided With Additional \$20 Copay:

- Sealants to permanent teeth (per quadrant)
- After-hours visits
- Initial orthodontic exam
- Panoramic x-rays

Services Provided With Additional \$30 Copay:

- Restorative fillings (up to four surfaces per tooth)
- Adult cleanings
- Simple extractions
- Simple denture repairs

All other covered services, including major services (not listed here), performed by Willamette Dental Group general or specialist dentists are delivered at 20% off the usual fees (plus per-visit copay). Specific fee information will be provided at the time your treatment plan is developed.

Orthodontia is available with a copay of \$2,600 (plus per-visit copays).

This is a brief summary of benefits. For full coverage provisions, including a description of limitations and exclusions, refer to your contract.

A New Approach

The Regence BlueShield DentalOne plan is a managed care plan. This means your dental care is coordinated to ensure that your expenses stay as low as possible – through cost-effective dental care and an emphasis on prevention to help avoid more costly care later.

Here's How It Works

You must go to a Willamette Dental Group office to receive the benefits under this plan. However, you may choose any dentist at any of those offices. All routine appointments will be scheduled with the same dentist. Each family member may select his or her own dentist and office location. See the Willamette Dental Group Office List for locations.

Scheduling Appointments

Call the convenient appointment center to schedule an appointment at the office of your choice. You may select any dentist at the office as your dentist of record. Dental offices are open six days a week, Monday through Saturday, from 7 a.m. to 6 p.m. However, it's always a good idea to schedule your appointments for routine exams well in advance.

Emergency care is available 24 hours a day, 365 days a year, subject to an additional per-visit copay if services are rendered after hours.

Your First Visit

Please schedule your first visit six to eight weeks in advance. As a new patient, your first visit will include:

- A thorough examination and x-rays
- A discussion about your medical and dental history
- Fluoride and decay-reducing treatment for children (through age 12)
- Oral hygiene instruction
- Establishment of a treatment plan for cleaning and dental restorations

You will schedule cleaning and other necessary appointments after your first visit based on your individual treatment needs.

Eligibility

You are not required to have medical coverage through Regence BlueShield to be eligible for DentalOne coverage. However, you must reside in the Regence BlueShield service area to be eligible for benefits under this plan.

Family enrollment may include your spouse and dependent children under age 23.

Applications must be postmarked to our office by the 20th of any given month to be considered for an effective date of the first of the following month. For example, applications postmarked on March 20 would be effective April 1. Applications postmarked on March 21 would be effective May 1.

Please contact Regence BlueShield for additional enrollment information. See the phone numbers listed below.

After your application is approved, we will send you a letter indicating your plan's effective date and the amount due for the first period of coverage.

Rates are payable in advance on an annual, semi-annual, or quarterly basis. **If you currently have a Regence BlueShield Individual medical policy, your method of payment will be the same as your medical policy.**

Regence BlueShield

For information on how to join:

(206) 464-3804

1 (888) 344-8234

Web site: www.wa.regence.com



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WILLAMETTE DENTAL GROUP OFFICE LIST

For a complete list of Willamette Dental Group (WDG) office locations, including Oregon and Idaho, please visit our Web site at www.wa.regence.com/needCoverage/doctor/columbiaDental.html.

Once enrolled, for appointments and inquiries, contact Willamette Dental Group.

WDG appointments and after-hours emergencies:

1 (800) 359-6019

WDG Customer Service:

1 (800) 360-1909

WDG benefit questions:

Regence BlueShield customer service:

1 (800) 544-4246

BELLEVUE

Park 120 Office Complex
626 120th Avenue NE, Suite B210
Bellevue, WA 98005

BELLINGHAM

Pacific Meridian Plaza
4164 Meridian Street
Bellingham, WA 98226

EVERETT

4310 Colby Avenue, Suite 300
Everett, WA 98203

FEDERAL WAY

181 S. 333rd Street, Suite C-100
Federal Way, WA 98003

HAZEL DELL

910 NE 82nd Street
Vancouver, WA 98665

KENNEWICK

Westhaven Professional Park
602 N. Colorado
Kennewick, WA 99336

KENT

24722 104th Avenue SE
Kent, WA 98031

LAKEWOOD

9307 Bridgeport Way SW
Tacoma, WA 98499

LONGVIEW

1461 Broadway Street, Suite A
Longview, WA 98632

LYNNWOOD

6101 200th Street SW, Suite 201
Lynnwood, WA 98036

NORTHGATE

2111 N. Northgate Way, Suite 100
Seattle, WA 98133

OLYMPIA

3773-C Martin Way, Suite 105
Olympia, WA 98506

PULLMAN

Wheatland Shopping Center
1646 South Grand Avenue
Pullman, WA 99163

PUYALLUP

702 South Hill Park Drive, Suite 201
Puyallup, WA 98373

RENTON

1000 Oakesdale Avenue SW
Renton, WA 98055

RICHLAND

104 Columbia Pt. Drive
Richland, WA 99352

SEATTLE

133 Dexter Avenue N.
Seattle, WA 98109

SILVERDALE

3505 NW Anderson Hill Road
Silverdale, WA 98383

SPOKANE/NORTHPOINTE

9717 N. Nevada
Spokane, WA 99218

SPOKANE/SOUTH HILL

Fidelity Associates Building
501 S. Bernard, Suite 203
Spokane, WA 99204

WEST TACOMA

Sixth Avenue Plaza Shopping Center
5401 Sixth Avenue
Tacoma, WA 98406

TUMWATER

6120 Capital Boulevard S.
Tumwater, WA 98501

VANCOUVER

9609 Mill Plain Boulevard
Vancouver, WA 98664

EAST VANCOUVER

1201 SE Tech Center Drive, Suite 150
Vancouver, WA 98683

WENATCHEE

Mission Plaza Professional Center
317 North Mission Street, Suite 200
Wenatchee, WA 98801

YAKIMA

1200 Chesterley Drive, Suite 230
Yakima, WA 98908

When you have a question, we'll do our best to handle it as quickly, completely, and accurately as we can. Simply give us a call. This is why we like to say that we're unexpectedly responsive. But frankly, we'd rather you said it.

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Questions?

Give us a call
(888) 344-8234