



KEEP YOUR SMILE CONNECTED



SCAN TO FIND A DENTIST

DELTADENTALINS.COM
SPANISH: ES.DELTADENTALINS.COM



Our full site is a one-stop-shop for plan and oral health care information. Create a free Online Services account to:

- › Locate a Delta Dental dentist.
- › Check benefits, eligibility and claim status
- › Opt for paperless statements
- › View or print your ID card
- › Check average dental costs in your area

Check out **Your Dental Plan Support Guide** for money-saving tips and treatment information. And, don't miss **mysmileway.com** – a great resource for oral health-related tools and tips.



Mobile? So are we! Learn more about our mobile site and free app on the next page.

ONLINE SERVICES:
**EASY, CONVENIENT
AND SECURE**



WE KEEP YOU SMILING®

USER-FRIENDLY PLAN RESOURCES



FULL SITE: DELTADENTALINS.COM/ENROLLEES

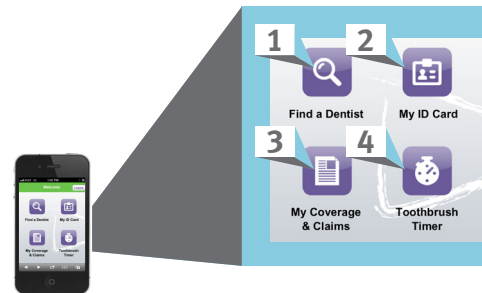
1. Select the **Use Your Dental Plan** tab.
2. Log in to **Online Services** (or select **Register Today** to enroll) to check benefits, eligibility and claim status, opt for paperless statements, view or print an ID card, check average dental costs in your area and more.
3. The **Find a Dentist** feature helps you locate a Delta Dental dentist in your area. Narrow your search by location, specialty, languages spoken and more.
4. Your **Dental Plan Support Guide** provides plan-related advice like how to choose a new dentist, plan for major dental work and navigate our website.
5. At the **SmileWay® Wellness site**, take an interactive quiz, access oral health articles and videos, and sign up for *Grin!*, our fun dental health e-newsletter.
6. **MySmileKids®** offers stories, games and tips to make oral health routines kid-friendly.
7. Have a question? The **Customer Support** link makes it easy to contact our team.
8. Access our site in **Spanish** (or go to es.deltadentalins.com/enrollees).



MOBILE SITE: DELTADENTALINS.COM

Get the information you need on the go. Bookmark or add a shortcut to our mobile site to return in just one tap.

1. Find a dentist: Our mobile site uses your phone's location services to find dentists close to you. Search by distance, specialty or dentist's name. Then view a map of the office location.
2. View your ID card — and show it to your dentist.
3. Check benefits, eligibility, deductibles and maximums. Search by keyword or procedure code.
4. Check claim status and history, coverage levels and deductible used.¹
5. Go paperless. Under "My Account" choose "Receive Statements Online."²



FREE DELTA DENTAL APP

Download our convenient smartphone app from the App Store or Google Play. It's simple to:

1. Find a dentist: Search by address, current location, dentist name or specialty. Add the dentist to your contacts and get directions to his or her office.
2. View your ID card — show it to your dentist or quickly email a copy.
3. See an overview of your coverage and claims, view deductibles and maximums or email a claim for your records.¹
4. Use the toothbrush timer — fun music makes it easy to brush the recommended two minutes.

¹ Some features available to Delta Dental PPOSM and Delta Dental Premier[®] enrollees only.

² This option is available only to Delta Dental PPO and Delta Dental Premier enrollees.

DELTACARE[®] USA: 800-422-4234

DELTA DENTAL PPO AND DELTA DENTAL PREMIER

Delta Dental of California: 800-765-6003

Delta Dental of Delaware, Inc., Delta Dental of the District of Columbia, Delta Dental of New York, Inc., Delta Dental of Pennsylvania (and Maryland), Delta Dental of West Virginia, Inc.: 800-932-0783

Delta Dental Insurance Company (Alabama, Florida, Georgia, Louisiana, Mississippi, Montana, Nevada, Texas, Utah): 800-521-2651

Our Delta Dental enterprise includes these companies in these states: Delta Dental of California — CA • Delta Dental of Pennsylvania — PA & MD • Delta Dental of West Virginia — WV • Delta Dental of Delaware — DE • Delta Dental of the District of Columbia — DC • Delta Dental of New York — NY • Delta Dental Insurance Company — AL, FL, GA, LA, MS, MT, NV, TX, UT.

These enterprise companies are members, or affiliates of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that together provide dental coverage to more than 60 million people in the U.S. The website deltadentalins.com is the home of the Delta Dental companies listed above. For other Delta Dental companies, visit the Delta Dental Plans Association website at deltadentalins.com.

DeltaCare USA is underwritten in these states by these entities: AL — Alpha Dental of Alabama, Inc.; AZ — Alpha Dental of Arizona, Inc.; CA — Delta Dental of California; AR, CO, IA, ME, MI, NC, NE, NH, OK, OR, RI, SC, SD, VT, WA, WI, WY — Dentegra Insurance Company; AK, CT, DE, FL, GA, KS, LA, MS, MT, TN, WV and the District of Columbia — Delta Dental Insurance Company; HI, ID, IL, IN, KY, MD, MO, NJ, OH, TX — Alpha Dental Programs, Inc.; NV — Alpha Dental of Nevada, Inc.; UT — Alpha Dental of Utah, Inc.; NM — Alpha Dental of New Mexico, Inc.; NY — Delta Dental of New York, Inc.; PA — Delta Dental of Pennsylvania; VA — Delta Dental of Virginia. Delta Dental Insurance Company acts as the DeltaCare USA administrator in all these states. These companies are financially responsible for their own products.



<https://www1.deltadentalins.com/login.html>

Coast Community College District
Group Plan# 6639

Delta Dental of California
100 First St.
San Francisco, CA 94105

Customer Service
866-499-3001

Claims Address
P.O. Box 997330
Sacramento, CA 95899-7330

Get an ID card



Looking for your dental plan ID card? Good news: You don't need one! All you have to do is tell your dental office the Delta Dental company you get your benefits from (such as Delta Dental of California) and provide your name, date of birth and member ID or Social Security number. Find your member ID by signing in to your online account.

Family members covered under your plan should provide your details when they visit the dentist.

If you'd prefer to have an ID card, you can:

- Print one from your computer. Log into your [Delta Dental account](#) and follow the instructions to print your ID card.
- Download the [Delta Dental app](#) (by the Delta Dental Plans Association) from the [App Store](#) or [Google Play](#). Log in to your account and see your ID card on the home screen.
- Access your ID card when you visit our website from your mobile phone's browser.

ACSIG/EDGE DENTAL NEWSLETTER: SPRING 2021

Tips for a healthier home

Rinse your toothbrush before and after each use to reduce the amount of bacteria on it. When you store your it, don't let the head of your brush touch other items, like another toothbrush.

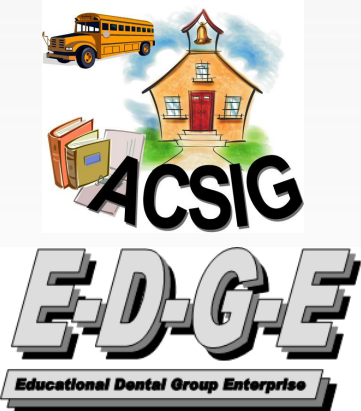
Avoid sharing toothbrushes, straws, utensils and cups. These items gather bacteria when they touch our mouths. Sharing them allows bacteria to travel from one mouth to another, potentially causing tooth decay.

Clean and disinfect items you touch frequently, including your toothbrush handle and holder, shower curtains, switches, faucets, doorknobs, phones and keyboards. Germs from these can make their way into your body when you touch your face.

Clean your mouthguard, clear aligner, retainer or dentures daily to remove food and bacteria. This can help prevent oral health problems, including gum disease, infection, mouth sores and bad breath.

Don't clean pacifiers with your mouth, which could spread germs to your child. It's better to rinse them with water instead.

Read the full article at: <https://www.deltadental.com/grinmag/us/en/ddins/2020/winter/on-topic-healthy-home.html>



Connect with a dentist from home with Toothpic and Delta Dental — Virtual Consult



If you don't have time or ability to see the dentist in person, virtual dentistry (or teledentistry) can help. Two options are available: Toothpic and Virtual Consult. This technology gives you access to Delta Dental dentists who can address your dental concerns and provide a consultation virtually and securely — anytime and anywhere.

These new tools are available as part of the current plan benefits to members covered by PPO and Premier plans. There's no extra cost for using these tools, but visits will count toward diagnostic exam frequencies and coverage limitations may apply. They're just a new way for Delta Dental members to use their existing benefits with Delta Dental dentists.

For non-urgent care questions, members can use Toothpic. Toothpic is a photo-based app that allows Delta Dental dentists to perform virtual screenings. It's perfect for Delta Dental members who want a dental checkup without an appointment. With Toothpic, members can:

- Get evaluations on their own schedule by simply answering a few questions and submitting pictures of their mouth, teeth and gums.
- Receive a personalized report from a Delta Dental dentist within 24 hours.
- Check in for diagnoses on areas of concern and get advice for follow-up steps.
- These services count toward member's annual diagnostic exam frequency.

Access Toothpic at: <https://deltadental.toothpic.com>



For urgent oral care needs, members can use Virtual Consult. Virtual Consult is a video-based virtual appointment tool for members who want to speak directly with a Delta Dental dentist. The dentist will speak to you about your needs and concerns, guide you through an exam of your mouth and can even prescribe medication if necessary.

With Virtual Consult, members can:

- Schedule and have real-time video appointments with Delta Dental dentists without leaving home.
- Have quick consultations on urgent issues, even if they don't have a dentist they see regularly.
- Get an e-prescription and aftercare instructions for pain or infection.
- These services count toward member's annual diagnostic exam frequency.

Access Virtual Consult at: <https://deltadentalvirtualconsult.com>

Read the full article at:
<https://www1.deltadentalins.com/members/virtual-dentistry.html>



Did you know? Gum disease – and not the aging process – is the leading cause of tooth loss in adults? Good oral health habits and a healthy life-style can help you keep your gums healthy and your smile bright for a lifetime. Developing a simple daily routine of brushing, flossing and eating a balanced diet with plenty of fruits and vegetables is important regardless of age.