



Benefits for a healthier smile

**The California Select Managed Care DHMO plan
from UnitedHealthcare Dental***

welcometouhc.com/cadhmo

Toll-Free **1-888-679-8925**

Habla Español? Podemos ayudar.

**United
Healthcare**

Helping you save money and keep your teeth and gums healthier

How your plan works

You'll choose a primary care dentist who will provide most of your care. If you see a dentist that's not in our network, you won't receive coverage so it's important to stay in the network.

- Your primary care dentist will help manage your care
- You'll need a referral from your dentist to see a network specialist
- Preventive care is covered 100% in our network
- Get coverage on hundreds of services
- No deductibles and annual maximums

More help to stay healthier

Your plan may include the following wellness benefits. See your dental plan documents for coverage details.

Oral cancer screenings

Adults may get oral cancer screenings as part of the preventive care benefit.

Extra care during pregnancy

You may get extra dental visits during pregnancy and the first 3 months after birth.**



Your teeth affect your health

Gum disease is a painless disease that causes bacteria and toxins to enter your blood, which may also be connected to:¹

- ✓ Diabetes
- ✓ Heart disease
- ✓ Pregnancy complications
- ✓ Respiratory conditions
- ✓ Rheumatoid arthritis



Find your primary care dentist

Each family member can have their own primary care dentist. Before you enroll, search the network to find the dentist that's right for you.

Visit welcometouhc.com/cadhmo.

The network to search is called CA Select Managed Care DHMO.

Paying for care

Review your dental plan documents to view specific coverage and cost details.

1 Copayments

Hundreds of services will be covered with a fixed copay amount. However, a copay does not usually apply to preventive care services received in the network.

2 No deductibles

There is no minimum amount that you must pay before the plan begins to pay.

3 No annual maximums

There is no limit to how much the plan will pay for covered services during the plan year.

Tap into your benefits on myuhc.com[®] or the [UnitedHealthcare](#)[®] app



Search for a network dentist or clinic



Access your digital dental plan ID card



Estimate dental costs



View claims and more

We do not treat members differently because of sex, age, race, color, disability or national origin. If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to the Civil Rights Coordinator.

Online: UHC_Civil_Rights@uhc.com

Mail: Civil Rights Coordinator, UnitedHealthcare Civil Rights Grievance, P.O. Box 30608, Salt Lake City, UT 84130

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call the toll-free phone number listed on your ID card, TTY 711, Monday through Friday, 8 a.m. to 8 p.m.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

Online: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

Phone: Toll-free **1-800-368-1019, 1-800-537-7697** (TDD)

Mail: U.S. Dept. of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, DC 20201

We provide free services to help you communicate with us, such as letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your ID card, TTY 711, Monday through Friday, 8 a.m. to 8 p.m.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call the toll-free phone number listed on your identification card.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員電話號碼。

XIN LƯU Ý: Nếu quý vị nói tiếng Việt (Vietnamese), quý vị sẽ được cung cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Vui lòng gọi số điện thoại miễn phí ở mặt sau thẻ hội viên của quý vị.

알림: 한국어 (Korean)를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 신분증 카드에 기재된 무료 회원 전화번호로 문의하십시오.

PAALALA: Kung nagsasalita ka ng Tagalog (Tagalog), may makukuha kang mga libreng serbisyo ng tulong sa wika. Pakitawagan ang toll-free na numero ng telepono na nasa iyong identification card.

ВНИМАНИЕ: бесплатные услуги перевода доступны для людей, чей родной язык является русским (Russian). Позвоните по бесплатному номеру телефона, указанному на вашей идентификационной карте.

النبه: قصاصات فنيو عتلا فقاطب ىلع عير دمل اينا جمل ا فتامل ا مقرب لاصتال ا جري . لكل عحاتم ةينا جمل ا ةيوغللا ةدعاسجلا تاداخ ناف . ةيبرعل ا شحتت ترك اذا : ةيبنت

ATANSYON: Si w pale Kreyòl ayisyen (Haitian Creole), ou kapab benefisyè sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nimewo gratis ki sou kat idantifikasyon w.

ATTENTION : Si vous parlez français (French), des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le numéro de téléphone gratuit figurant sur votre carte d'identification.

UWAGA: Jeżeli mówisz po polsku (Polish), udostępniłmy darmowe usługi tłumacza. Prosimy zadzwonić pod bezpłatny numer telefonu podany na karcie identyfikacyjnej.

ATENÇÃO: Se você fala português (Portuguese), contate o serviço de assistência de idiomas gratuito. Ligue gratuitamente para o número encontrado no seu cartão de identificação.

ATTENZIONE: in caso la lingua parlata sia l'italiano (Italian), sono disponibili servizi di assistenza linguistica gratuiti. Per favore chiamate il numero di telefono verde indicato sulla vostra tessera identificativa.

ACHTUNG: Falls Sie Deutsch (German) sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Bitte rufen Sie die gebührenfreie Rufnummer auf der Rückseite Ihres Mitgliedsausweises an.

注意事項：日本語 (Japanese) を話される場合、無料の言語支援サービスをご利用いただけます。健康保険証に記載されているフリーダイヤルにお電話ください。

ديريگب سامت هدش دوق امش ىي اسانش تراك ىور مك ىنا گىار نفلت ةرامش اب افطل . بشاب ىم امش راىتخا رد نا گىار روط هب ىنا بزم دادما تاداخ ، ستم ا (Farsi) سراف امش نا بزم رگا : بومت

ध्यान दें: यदि आप हिंदी (Hindi) बोलते हैं, आपको भाषा सहायता सेवाएं, नःशुल्क उपलब्ध हैं। कृपया अपने पहचान पत्र पर सूचीबद्ध टोल-फ्री फोन नंबर पर कॉल करें।

CEEBOOM: Yog koj hais Lus Hmoob (Hmong), muaj kev pab txhais lus pub dawb rau koj. Thov hu rau tus xov tooj hu deb dawb uas teev muaj nyob rau ntawm koj daim yuaj cim qhia tus kheej.

ចំណាប់អារម្មណ៍: ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ (Khmer) សំដីនៃនិយមន័យឥតគិតថ្លៃនៃគំរូសំរាប់អ្នក។ សូមទូរស័ព្ទទៅលេខឥតគិតថ្លៃដែលមាននៅលើអត្តសញ្ញាណប័ណ្ណរបស់អ្នក។

PAKDAAR: Nu saritaem ti Ilocano (Ilocano), ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Maidawat nga awagan iti toll-free a numero ti telepono nga nakalista ayan iti identification card mo.

DIÍ BAA'ÁKONÍNÍZIN: Diné (Navajo) bizaad bee yáníłt'ígo, saad bee áka'anída'awo'ígíí, t'áá jíik'eh, bee ná'ahóót'i'. T'áá shqódi ninaaltsoos nit'ízi bee nééhozinígíí bine'déq' t'áá jíik'ehgo béésh bee hane'í biká'ígíí bee hodiilnih.

OGOW: Haddii aad ku hadasho Soomaali (Somali), adeegyada taageerada luqadda, oo bilaash ah, ayaad heli kartaa. Fadlan wac lambarka telefonka khadka bilaashka ee ku yaalla kaarkaaga aqoonsiga.

Learn more

Call **1-888-679-8925** Habla Español? Podemos ayudar. | Visit welcometouhc.com/cadhma

**United
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* Benefits for the UnitedHealthcare Dental DHMO/Direct Compensation plans are offered by Dental Benefit Providers of California, Inc. UnitedHealthcare Dental is affiliated with UnitedHealthcare.

** This service is not available in all states.

† American Dental Association. Mouth Healthy Gum Disease. © 2017 American Dental Association, Web.

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