

# To use your Cigna Dental Care (DHMO\*) plan, you must select your Network General Dentist

Once you do, you can start using your dental benefits.



You have comprehensive dental benefits, but you have to activate them first. Here's how:



## STEP 1:

Choose your Network General Dentist (NGD) on [myCigna.com](https://myCigna.com) or the myCigna® mobile app.

### myCigna.com features\*\*:

- › An in-network directory
- › Verified patient reviews
- › Brighter Scores (based on professional history and patient experience)
- › Cost estimates for procedures



## STEP 2:

Take advantage of all the services your plan offers.\*\*\*

- › **Preventive care:** Low or no extra cost cleanings, fluoride, sealants, X-rays and oral cancer screenings
- › **Basic care:** Fillings
- › **Major services:** Crowns, bridges, dentures, root canals, oral surgery, extractions, periodontal disease treatment
- › **Orthodontic care:** Braces (even invisible ones)
- › **Teeth whitening:** Take-home bleaching trays and gel
- › **Athletic mouthguards:** New molds and adjustments



**Let's do this!** Choose your Network General Dentist on [myCigna.com](https://myCigna.com) and then call them to schedule a cleaning.

**Questions? Need help selecting a dentist?** You can call **800.244.6224**, 24 hours a day, 7 days a week.

Together, all the way.®



**Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.**

\*The term DHMO ("Dental HMO") is used to refer to product designs that may differ by state of residence of enrollee, including but not limited to, prepaid plans, managed care plans, and plans with open access features.

\*\*Actual features may vary by dentist and plan type. Appointment scheduling feature is limited to dental specialists who offer this service only; not available with network general dentists or pediatric dentists. All dentist directory features are for education purposes only and should not be the sole basis for decision making. They are not a guarantee of the quality of care that will be provided to individual patients and you should consider all relevant factors when selecting a dentist. The dentists that participate in the Cigna network are independent contractors solely responsible for the treatment provided to their patients; they are not agents of Cigna.

\*\*\*These are only the highlights. See your plan materials for a complete list of both covered and non-covered services, including plan limitations and exclusions.

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