



## Teledentistry & You

Convenience and safety are more important than ever. That's why we've made teledentistry part of your dental benefits. It's another way we're helping you get the dental care you need.

### What is teledentistry?

Teledentistry is using your smart phone, computer or tablet with a camera to video chat with your dentist. During a teledentistry exam, you can check in on your oral health (a limited exam) or discuss a dental problem (problem-focused exam) without having to go to your dentist's office. Your dentist will decide if a teledentistry exam, which is billed the same as an in-office exam, is right for your situation, so be sure to call your dentist in advance.

With teledentistry, your dentist will evaluate your situation and recommend any treatment you might need. You might have a teledentistry exam when:

- Your tooth or gum feels sore or swollen, and you want to check in with your dentist.
- You can't get to the office for your regular cleaning, but want to make sure no problems are developing.
- You're in the office for a cleaning, but your dentist checks images of your mouth from another room.

### How does teledentistry work?

Ask your dentist if a teledentistry exam is right for you and which tools, such as a smart phone or computer, are best to use for your exam. Then, use those tools to let your dentist see your mouth or talk with you about your oral health, while referring to prior x-rays, pictures or video. During a teledentistry exam, your dentist can identify problems, give you care instructions and let you know if you should come into the office.

### Does my insurance pay for teledentistry?

Yes. Your Delta Dental benefits cover teledentistry exams according to your particular plan. Your oral examinations are payable twice per calendar year. A teledentistry exam is just like a regular exam when it comes to plan limits, so your insurance will be billed just as if you were in the office.

### Can I always use teledentistry for exams?

We care about your oral health, so we want you to get regular dental care. Teledentistry is great for a check-in or when you have a dental issue, but it's still important to get regular cleanings and make a comprehensive exam part of your oral health care plan. Not all dentists offer teledentistry, so be sure to check with yours.

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