

# Plan Ahead

## Ask Your Dentist for a Pre-treatment Estimate

**Find out ahead of time whether a proposed dental treatment is covered and how much it will cost.**

Pre-treatment estimates give you an approximate idea of how much a dental treatment will cost overall and what to expect for an out-of-pocket cost.



Estimates can be provided for any procedure, but are recommended for services that usually cost over \$300, such as crowns, wisdom tooth extractions, braces, bridges, dentures and oral surgery.

### Pre-treatment estimates help you:

- Make informed decisions about your health care dollars
- Avoid unexpected out-of-pocket expenses and bills
- Verify that you are receiving treatment from a participating dentist
- Confirm that the treatment/service is covered under your plan

### It's easy to get a pre-treatment estimate

1

Ask your dentist to submit a pre-treatment estimate to Delta Dental

2

Delta Dental will review the proposed treatment based on the type of plan you have, your eligibility, your current plan benefits and the amount remaining in your annual maximum.

3

Delta Dental mails you and your dentist a pre-treatment explanation of benefits (EOB) confirming the covered services, how much Delta Dental will pay and how much you will pay in out-of-pocket costs.

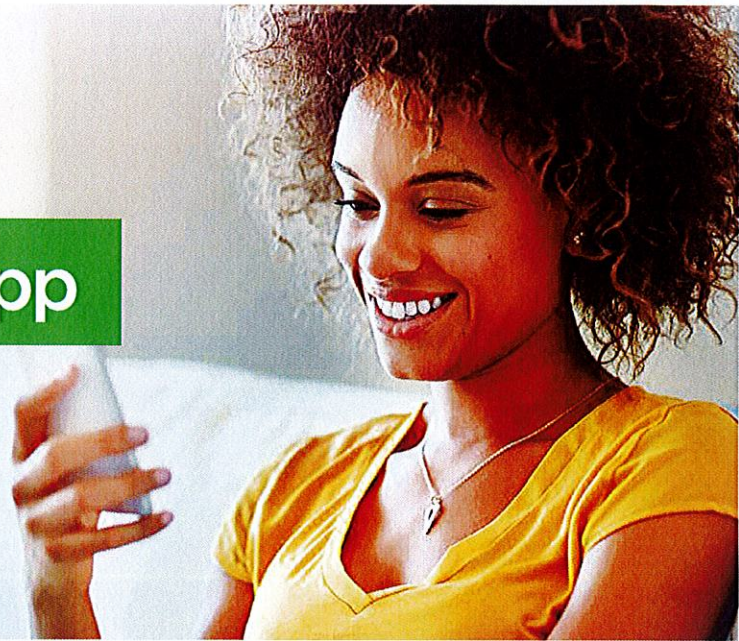
*Pre-treatment estimates are based on eligibility and the plan design on the date the estimate is processed and are not guaranteed for future benefits.*

**deltadentalma.com**









# Delta Dental Mobile App

Manage your oral health  
anytime, anywhere



## Delta Dental Mobile App features

-  Quick and easy access to digital member ID cards — option to save to Apple Wallet or Google Passbook for extra convenience.
-  Look up detailed claims information for your dentist visits over the last 18 months.
-  Review your dental policy coverage details such as deductibles, maximums and other benefits.
-  A dentist search tool that helps members quickly find an in-network provider nearby.
-  Save preferred dentists for quick access when making appointments.
-  Our easy-to-use Dental Care Cost Estimator tool provides estimated cost ranges for common dental care needs (not available in all geographic areas).

## Getting started

Members must first be registered for the Delta Dental of Massachusetts secure, [member portal](#). Once registered for the portal, members will use the same username and password to register and login to the mobile app.



SCAN TO DOWNLOAD  
DELTA DENTAL MOBILE APP

The Delta Dental Mobile App is optimized for iOS (Apple) and Android devices. To download our app on your device, visit the App Store (Apple) or Google Play (Android) and search for Delta Dental Mobile App. Or, scan the QR code at the left. You will need an internet connection in order to download and use most features of our free app.

Please note information displayed may vary based on your particular coverage. For more information on your coverage, contact your Delta Dental company. "Delta Dental" refers to the national network of 39 independent Delta Dental companies that provide dental benefits and is a registered trademark of Delta Dental Plans Association.



## Keeping your teeth clean is easier and less expensive than ever



As a member of Delta Dental, you can now take advantage of significant discounts on two kinds of Z Sonic toothbrushes, as well as replacement heads.

With your member discount, you can get the premier Z Sonic Pulse toothbrush for \$59.95, \$40 off the Manufacturer's Suggested Retail Price (MSRP). The offer includes 1 Premium brush head and USB charging cord. And as a member you also get discounts on replacement heads.

The Z Sonic Pulse pulses up to 41,000 times a minute and has 2xs the whitening power.

### Take Your Sonic Cleaning on the Road



If you travel and want to keep your mouth healthy on the road, you can also pick up a Z Sonic travel toothbrush for \$14.50. This portable, battery powered, toothbrush gives you the benefits of sonic brushing in a size that can fit in your carry on, in the glove compartment or in your desk drawer.

### Save On Replacement Heads Too

You can also get replacement heads for both the Z Sonic Pulse or Z Sonic Mini at 50% off retail costs. And if you buy replacement heads and the toothbrush together, you can get FREE shipping.

## Here's how to order

### Online

- Go to: [myzsonic.com/DDMA](http://myzsonic.com/DDMA)
- Add products to your cart
- Enter payment information

### By Phone

- Call **888-228-7706**
- Be sure to mention that you are a Delta Dental of Massachusetts member

### Discount Codes:

- **Z Sonic Pulse**  
\$59.95 (MSRP: \$99.95)
- **4 Regular Brush Heads**  
\$26.28 (MSRP: \$43.80)
- **4 Premium Brush Heads**  
\$31.08 (MSRP: \$51.80)
- **Z Sonic Mini Travel Toothbrush**  
\$14.50 (MSRP: \$19.95)  
Promo Code: DDMA4
- **4 Z Sonic Mini Brush Heads**  
\$14.00 (MSRP: \$28.00)



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The plan is not insurance coverage and does not meet the minimum creditable coverage requirements under the Affordable Care Act or Massachusetts M.G.L. c. 111M and 956 CMR 5.00.



# Listen Up!

Your ears could be telling you something

**40 Million Americans have hearing loss<sup>1</sup>**

Hearing loss affects people of all ages. In fact, **about 12% of the U.S. working population has hearing difficulty<sup>2</sup>**. Stay sharp, happy, safe, and productive—don't wait to treat your hearing loss.

## What causes hearing loss?

Hearing loss is caused by temporary obstructions in the outer or middle ear or permanent damage to the tiny hairs in the inner ear. Common causes of damage include exposure to noise, aging, other health conditions, and certain medications.

## When should I get my hearing checked?

Hearing loss can come on so gradually that you may not even notice it's happening. In general, you should

have your hearing screened every three to five years, and tested annually if you are over the age of 50 or experiencing any of the following:

- Consistent exposure to loud noises.
- Difficulty understanding in noisy environments or in groups.
- Hearing mumbling or feeling as though people are not speaking clearly.
- Ringing in your ears.

## If you think you may have hearing loss, rest easy.

Delta Dental of Massachusetts has teamed up with Amplifon to offer you quality hearing health care.



	Level 1	Level 2	Level 3	Level 4	Level 5
	Over 1,400 hearing aid options with an average savings of 64% off retail pricing.*				
Average Manufacturer Suggested Retail Price (per ear)	\$2,203/ear	\$2,999/ear	\$4,280/ear	\$6,172/ear	\$7,698/ear
<b>Amplifon Price (per ear)</b>	<b>\$995/ear</b>	<b>\$1,495/ear</b>	<b>\$1,795/ear</b>	<b>\$2,195/ear</b>	<b>\$2,645/ear</b>

Risk-free trial†: Find your right fit by trying your hearing aids for 60 days. | Complimentary Aftercare‡ | Easy as 1-2-3!

**1-year follow-up care**  
ensures smooth transition to  
your new hearing aids

**2-year year battery support**  
battery supply or charging  
station to keep you powered

**3-year year warranty**  
coverage for loss, repairs,  
or damage

To learn more, call 888-402-1394 or visit: [amplifonusa.com/ddma](http://amplifonusa.com/ddma)



1 [nidcd.nih.gov/health/noise-induced-hearing-loss](https://nidcd.nih.gov/health/noise-induced-hearing-loss)

2 [cdc.gov/niosh/topics/ohl](https://cdc.gov/niosh/topics/ohl)

\* You and your provider will determine the best device to meet your hearing loss, lifestyle, and technology needs.

† **Risk-free trial:**

%100 money back guarantee if not completely satisfied, no return or restocking fees

‡ **Follow-up care:**

For one year following purchase. Batteries - two year supply of batteries (80 cells/ear/year) or one standard charger at no additional cost. Warranty - exclusions and limitations may apply. Contact Amplifon 1394-402-888 for details.

Hearing aids cannot restore natural hearing. Your experience will depend on the severity of your hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification.

Amplifon Hearing Health Care is solely responsible for the administration of hearing health care services, and its own financial and contractual obligations. Delta Dental of Massachusetts and Amplifon are independent, unaffiliated companies. The Amplifon Hearing Health Care discount program is not approved for use with any 3rd party payor program, including government and private third-party payor programs. Hearing services are administered by Amplifon Hearing Health Care, Corp.

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