



A Good Reason to Smile.



**CIGNA Dental**

PEOPLE FIRST BENEFIT PLAN CODE 4034

# Healthy Gums May Lead to a Healthier You!

## DID YOU KNOW THAT YOUR ORAL HEALTH COULD BE AN INDICATOR OF YOUR OVERALL HEALTH?

Regular visits to the dentist may do more than brighten your smile. Research has linked periodontal (gum) disease to complications for heart disease, stroke, diabetes, preterm birth and other health issues. Healthy gums support healthy teeth. Follow the suggestions provided to help prevent gum disease. And if you are diagnosed with gum disease, it's important to complete the periodontal treatment plan recommended by your dentist.

### Healthy Gums May Mean a Healthier Heart

People with advanced gum disease may be more likely to have heart disease than those with healthy gums<sup>1</sup>. Bacteria and their byproducts from the gum tissues may enter the blood stream, causing small blood clots that may contribute to the clogging of arteries<sup>2</sup>. Clots in the coronary arteries can lead to heart attacks. A blood clot in the brain can cause a stroke. Bottom line: care for your gums, and they may help guard your heart!

### Healthy Gums May Help Control Blood Sugar

Those with diabetes may have more complications with gum disease. Why? As a general rule, diabetics have a tougher time healing. And research shows they suffer greater tooth loss than patients without diabetes. One study<sup>3</sup> found that when diabetic patients' gum infections were treated, they found it easier to manage their blood sugar. Good dental health may be linked to a reduced risk of diabetic complications!

Gum disease may be painless, but symptoms can appear, such as:

- Tender, swollen or bleeding gums when you brush your teeth
- Dark red or receding gums
- Bad breath or a bad taste in your mouth
- Loose teeth
- Gum disease is treatable. Be sure to visit your dentist on a regular basis.

### Healthy Gums May Help Reduce the Risk of Pre-term Birth

Mom's gum disease may increase the probability of a pre-term birth. Pregnant women with chronic periodontal (gum) disease during the second trimester are up to seven times more likely to give birth prematurely.<sup>3,4</sup> It's recommended that pregnant women should focus on brushing and flossing and getting regular dental check ups. This possible link between gum disease and preterm birth is another reason to protect your dental health!

### PREVENTION IS POWERFUL!

The American Dental Association (ADA) suggests the following behaviors to help prevent gum disease<sup>5</sup>.

- Brush your teeth twice a day with a soft-bristle toothbrush
- Floss daily
- Eat a healthy diet and limit snacks between meals
- See your dentist regularly



1 American Academy of Periodontology ([www.perio.org](http://www.perio.org)), Feb. 2002.

2 U.S. Department of Health and Human Services. Oral Health in America: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes for Health, 2000.

3 Journal of the American Dental Association, Oct. 2003.

4 Journal of the American Dental Association, July 2001 "Oral Health During Pregnancy: An Analysis of Information."

5 American Dental Association Frequently Asked Questions.

For more information, visit us on the web at [www.cigna.com](http://www.cigna.com) or call 1.800.CIGNA24 (1.800.244.6224)



**CIGNA Dental**

# CIGNA Dental Care - We Plan to Make You Smile!

CIGNA Dental is proud to offer State of Florida employees one of the most comprehensive dental coverage plans in the market today. Our Prepaid Patient Charge Schedule (PCS) reflects a fixed co-payment amount that allows you to plan and budget for you and your family's dental care needs with confidence. Your benefits include:

- If you require specialty care, your network general dentist will refer you to a network specialist. You do not require a specialty referral to visit a network orthodontist or network pediatric dentist. You are responsible for paying the network dentist the applicable co-payments listed on your Patient Charge Schedule (PCS).
- Choose from 634 dental offices with 2,376 general dentists throughout Florida.
- No office visit fee.
- Orthodontic coverage for children and adults.
- Coverage on procedure(s) to detect oral cancer in its early stages.
- No age limit on sealants.
- Coverage for most preventive services (exams, x-rays and routine cleanings) is provided at no charge.\*
- No waiting period, coverage begins immediately.
- No deductibles to meet.
- No claim forms to file.
- No annual or lifetime dollar maximums to exceed.
- No restrictions on pre-existing conditions, except for work in progress.
- Knowledgeable, caring customer service.
- Participating dentists to complete a credentialing process and participate in a Quality Management Program.
- Access to myCIGNA.com, a secure on-line tool that makes it easier and faster for you to access:
  - 1) your personalized dental benefits information;
  - 2) dental health articles via WebMD; and
  - 3) the Dental Treatment Cost Estimator, which allows you to estimate and plan dental care costs before receiving services.

\* Frequency Limitations apply; see your Patient Charge Schedule, starting on page 4, for further information.

## How To Enroll

Enrolling in the CIGNA Dental Care plan is easy. Just complete and sign the official state enrollment form, which can be obtained from the People First Service Center, toll free 866.663.4735 or web site <https://peoplefirst.myflorida.com>. For further information, contact the Capital Insurance representative nearest you. Telephone numbers and e-mail addresses are listed for your convenience.

## What should I budget for my family's dental health care?

PLAN	BI-WEEKLY	MONTHLY
Employee Only	\$13.69	\$27.38
Employee + Spouse	\$24.61	\$49.22
Employee + Child(ren)	\$28.96	\$57.92
Employee + Family	\$35.13	\$70.26

People First Benefit Plan Code 4034

## CAPITAL INSURANCE AGENCY, INC.

*"We're Here To Help You!"*

Contact the Capital Insurance Agency Regional Office in your area for assistance.

### Home Office

1425 E. Piedmont Dr.  
Suite 301  
Tallahassee, FL 32308

P.O. Box 15949  
Tallahassee, FL  
32317-5949

(800) 780-3100  
(850) 386-3100  
(850) 386-7116 FAX  
[capitalinsurance@capitalins.com](mailto:capitalinsurance@capitalins.com)

### Regional Locations

#### Region 1

**Robert W. 'Buck' Miller, LUTCF, CLU**  
Tallahassee  
(850) 671-2029  
(800) 226-9808  
(850) 671-2149 fax  
[northwestregion@capitalins.com](mailto:northwestregion@capitalins.com)

#### Region 2

**David L. Corbin, LUTCF, CLF**  
Tallahassee  
(850) 942-2323  
(800) 881-1871  
(850) 942-2360 fax  
[northeastregion@capitalins.com](mailto:northeastregion@capitalins.com)  
Jacksonville  
(904) 731-9800  
(800) 940-9800  
(904) 731-4293 fax  
[northeastregionjax@capitalins.com](mailto:northeastregionjax@capitalins.com)

#### Region 3

**Doug Moore, LUTCF**  
Winter Park  
(407) 673-1254  
(800) 416-1618  
(407) 673-1255 fax  
[centralregion@capitalins.com](mailto:centralregion@capitalins.com)

Tampa  
(813) 839-8800  
(800) 940-2048  
(813) 839-8860 fax  
[southcentralregion@capitalins.com](mailto:southcentralregion@capitalins.com)

#### Region 4

**Mariam Spaulding, LUTCF**  
Coral Springs  
(954) 341-8705  
(800) 940-5656  
(954) 341-5311 fax  
[southflregion@capitalins.com](mailto:southflregion@capitalins.com)

[www.capitalins.com](http://www.capitalins.com)

# Your Patient Charge Schedule

CODE	DESCRIPTION	With CIGNA Dental Care	Without Dental Coverage
<b>DIAGNOSTIC/PREVENTIVE</b>			
D9310	Consultation (Normally Not The Same Dentist Who Provides The Treatment)	\$0.00	\$92.55
D9430	Office Visit for Observation - No Other Services Performed	\$0.00	\$34.67
D9450	Case Presentation, Detailed and Extensive Treatment Planning	\$0.00	\$70.09
D0120	Periodic Oral Evaluation	\$0.00	\$39.25
D0140	Limited Oral Evaluation - Problem Focused	\$0.00	\$64.14
D0150	Comprehensive Oral Evaluation - New or Established Patient	\$0.00	\$61.57
D0170	Re-evaluation - Problem Focused (Not Post-Operative Visit)	\$0.00	\$109.07
D0210	X-Rays Intraoral - Complete Series (including bitewings)(Limit 1 Every 3 Years)	\$0.00	\$99.24
D0220	X-Rays Intraoral Periapical, First Film	\$0.00	\$20.83
D0230	X-Rays Intraoral Periapical, Each Additional Film	\$0.00	\$17.79
D0240	X-Rays Intraoral - Occlusal Film	\$0.00	\$24.91
D0270	X-Rays (Bitewing) - Single Film	\$0.00	\$19.23
D0272	X-Rays (Bitewing) - Two Films	\$0.00	\$34.24
D0274	X-Rays (Bitewing) - Four Films	\$0.00	\$48.50
D0277	X-Rays (Bitewing, Vertical) - 7 to 8 Films	\$0.00	\$71.28
D0330	X-Rays (Panoramic) - (Limit 1 every 3 years)	\$0.00	\$86.70
D0431	Oral Cancer Screening Using a Special Light Source	\$50.00	\$64.43
D0460	Pulp Vitality Tests	\$10.00	\$50.31
D0470	Diagnostic Casts	\$0.00	\$92.24
D0472	Pathology Report - Gross Examination of Lesion	\$0.00	\$60.50
D0473	Pathology Report - Microscopic Examination of Lesion	\$0.00	\$226.87
D0474	Pathology Report - Microscopic Examination of Lesion and Area	\$0.00	\$86.97
D1110	Cleaning - Adult (Limit 1 Every 6 Months)	\$0.00	\$74.46
	(Additional Cleaning, In Addition to the One Allowed Every 6 Months)	\$45.00	\$74.46
D1120	Cleaning - Child (Limit 1 Every 6 Months)	\$0.00	\$54.97
	(Additional Cleaning, In Addition to the One Allowed Every 6 Months)	\$30.00	\$54.97
D1203	Topical Fluoride Application - Child (Up to 19th Birthday) (Once in 6 Months)	\$0.00	\$27.27
D1330	Oral Hygiene Instructions	\$0.00	\$35.10
D1351	Sealant - Per Tooth	\$10.00	\$42.16
D1510	Space Maintainer - Fixed - Unilateral	\$95.00	\$255.88
D1515	Space Maintainer - Fixed - Bilateral	\$155.00	\$378.21

<b>RESTORATIVE (Fillings)</b>			
D2140	Amalgam - One Surface, Primary or Permanent	\$0.00	\$100.90
D2150	Amalgam - Two Surfaces, Primary or Permanent	\$0.00	\$125.71
D2160	Amalgam - Three Surfaces, Primary or Permanent	\$0.00	\$162.81
D2161	Amalgam - Four or More Surfaces, Primary or Permanent	\$0.00	\$202.92
D2330	Resin-Based Composite - One Surface, Anterior	\$0.00	\$126.39
D2331	Resin-Based Composite - Two Surfaces, Anterior	\$0.00	\$151.73
D2332	Resin-Based Composite - Three Surfaces, Anterior	\$0.00	\$187.97

		With CIGNA Dental Care	Without Dental Coverage
D2335	Resin-Based Composite - Four or More Surfaces or Involving Incisal Angle (Anterior)	\$75.00	\$192.65
D2390	Resin-Based Composite Crown, Anterior	\$75.00	\$285.93
D2391	Resin-Based Composite - One Surface, Posterior	\$40.00	\$133.14
D2392	Resin-Based Composite - Two Surfaces, Posterior	\$50.00	\$169.50
D2393	Resin-Based Composite - Three Surfaces, Posterior	\$70.00	\$209.71
D2394	Resin-Based Composite - Four or More Surfaces, Posterior	\$95.00	\$250.01

**CROWN AND BRIDGE All charges for crown and bridge are per unit (each replacement or supporting tooth equals one unit)**

D2510	Inlay - Metallic - One Surface	\$380.00	\$690.32
D2520	Inlay - Metallic - Two Surfaces	\$380.00	\$755.19
D2530	Inlay - Metallic - Three or More Surfaces	\$380.00	\$820.06
D2542	Onlay - Metallic - Two Surfaces	\$435.00	\$863.70
D2543	Onlay - Metallic - Three Surfaces	\$435.00	\$907.33
D2544	Onlay - Metallic - Four or More Surfaces	\$435.00	\$989.03
D2740	Crown - Porcelain/Ceramic Substrate	\$465.00	\$1,001.18
D2750	Crown - Porcelain Fused to High Noble Metal	\$425.00	\$861.85
D2751	Crown - Porcelain Fused to Predominantly Base Metal	\$380.00	\$787.29
D2752	Crown - Porcelain Fused to Noble Metal	\$405.00	\$863.06
D2780	Crown - 3/4 Cast High Noble Metal	\$425.00	\$995.05
D2781	Crown - 3/4 Cast Predominantly Base Metal	\$380.00	\$1,069.51
D2782	Crown - 3/4 Cast Noble Metal	\$405.00	\$1,274.23
D2790	Crown - Full Cast High Noble Metal	\$425.00	\$922.56
D2791	Crown - Full Cast Predominantly Base Metal	\$380.00	\$823.89
D2792	Crown - Full Cast Noble Metal	\$405.00	\$836.78
D2794	Crown - Titanium	\$425.00	\$810.23
D2910	Recement Inlay, Onlay or Veneer	\$40.00	\$87.84
D2915	Recement Cast or Prefabricated Post and Core	\$40.00	\$73.58
D2920	Recement Crown	\$40.00	\$79.53
D2930	Prefabricated Stainless Steel Crown - Primary Tooth	\$95.00	\$214.01
D2931	Prefabricated Stainless Steel Crown - Permanent Tooth	\$95.00	\$248.31
D2932	Prefabricated Resin Crown	\$120.00	\$283.78
D2933	Prefabricated Stainless Steel Crown with Resin Window	\$150.00	\$153.40
D2934	Prefabricated Esthetic Coated Stainless Steel Crown - Primary Tooth	\$150.00	\$323.01
D2940	Sedative Filling	\$10.00	\$86.68
D2950	Core Buildup, Including Any Pins	\$120.00	\$189.05
D2951	Pin Retention - Per Tooth, In Addition to Restoration	\$10.00	\$63.09
D2952	Cast Post and Core, In Addition to Crown	\$150.00	\$283.00
D2954	Prefabricated Post and Core In Addition to Crown	\$120.00	\$241.73
D2960	Labial veneer (Resin Laminate) - Chairside	\$80.00	\$322.93
D6210	Pontic - Cast High Noble Metal	\$425.00	\$872.71
D6211	Pontic - Cast Fused to Predominantly Base Metal	\$380.00	\$853.45
D6212	Pontic - Cast Noble Metal	\$405.00	\$1,121.91
D6214	Pontic Titanium	\$425.00	\$872.71
D6240	Pontic - Porcelain Fused to High Noble Metal	\$425.00	\$830.03
D6241	Pontic - Porcelain Fused to Predominantly Base Metal	\$380.00	\$791.45
D6242	Pontic - Porcelain Fused to Noble Metal	\$405.00	\$836.69
D6245	Pontic - Porcelain/Ceramic	\$420.00	\$1,052.99

		With CIGNA Dental Care	Without Dental Coverage
D6602	Inlay - Cast High Noble Metal, Two Surfaces	\$425.00	\$755.19
D6603	Inlay - Cast High Noble Metal, Three or More Surfaces	\$425.00	\$820.06
D6604	Inlay - Cast Predominantly Base Metal, Two Surfaces	\$380.00	\$755.19
D6605	Inlay - Cast Predominantly Base Metal, Three or More Surfaces	\$380.00	\$820.06
D6606	Inlay - Cast Noble Metal, Two Surfaces	\$405.00	\$755.19
D6607	Inlay - Cast Noble Metal, Three or More Surfaces	\$405.00	\$820.06
D6610	Onlay - Cast High Noble Metal, Two Surfaces	\$425.00	\$863.70
D6611	Onlay - Cast High Noble Metal, Three or More Surfaces	\$425.00	\$907.33
D6612	Onlay - Cast Predominantly Base Metal, Two Surfaces	\$380.00	\$863.70
D6613	Onlay - Cast Predominantly Base Metal, Three or More Surfaces	\$380.00	\$907.33
D6614	Onlay - Cast Noble Metal, Two Surfaces	\$405.00	\$863.70
D6615	Onlay - Cast Noble Metal, Three or More Surfaces	\$405.00	\$907.33
D6624	Inlay Titanium	\$425.00	\$820.06
D6634	Onlay Titanium	\$425.00	\$863.70
D6740	Crown - Porcelain/Ceramic	\$465.00	\$1,028.48
D6750	Crown - Porcelain Fused to High Noble Metal	\$425.00	\$838.45
D6751	Crown - Porcelain Fused to Predominantly Base Metal	\$380.00	\$780.88
D6752	Crown - Porcelain Fused to Noble Metal	\$405.00	\$865.84
D6780	Crown - 3/4 Cast High Noble Metal	\$425.00	\$995.05
D6781	Crown - 3/4 Cast Predominantly Base Metal	\$380.00	\$1,069.51
D6782	Crown - 3/4 Cast Noble Metal	\$405.00	\$1,274.23
D6790	Crown - Full Cast High Noble Metal	\$425.00	\$855.72
D6791	Crown - Full Cast Predominantly Base Metal	\$380.00	\$864.25
D6792	Crown - Full Cast Noble Metal	\$405.00	\$818.38
D6794	Crown Titanium	\$425.00	\$855.72
	Complex Rehabilitation - Additional charge per unit after 5 units for multiple crown units/complex rehabilitation (6 or more units of crown and/or bridge in same treatment plan requires complex rehabilitation for each unit but the additional charge will be only applied to units that exceed 5 - ask your dentist for the guidelines)	\$125.00	not available
D6930	Recement Fixed Partial Denture	\$55.00	\$115.99

<b>ENDODONTICS (Root Canal Treatment, Excluding Final Restorations)</b>			
D3110	Pulp Cap - Direct (Excluding Final Restoration)	\$10.00	\$62.13
D3120	Pulp Cap - Indirect (Excluding Final Restoration)	\$10.00	\$62.99
D3220	Pulpotomy - Removal of Pulp, Not Part of a Root Canal	\$55.00	\$159.45
D3221	Pulpal Debridement (Not to be used when root canal is done on the same day)	\$55.00	\$183.79
D3310	Anterior Root Canal (Permanent Tooth) (Excluding Final Restoration)	\$175.00	\$638.14
D3320	Bicuspid Root Canal (Permanent Tooth) (Excluding Final Restoration)	\$205.00	\$750.45
D3330	Molar Root Canal (Permanent Tooth) (Excluding Final Restoration)	\$280.00	\$952.99
D3331	Treatment of Root Canal Obstruction; Non-Surgical Access	\$75.00	\$267.18
D3332	Incomplete Endodontic Therapy; Inoperable or Fractured Tooth	\$75.00	\$313.87
D3333	Internal Root Repair of Perforation Defects	\$75.00	\$325.17
D3346	Retreatment of Previous Root Canal Therapy - Anterior	\$230.00	\$883.19
D3347	Retreatment of Previous Root Canal Therapy - Bicuspid	\$265.00	\$968.40
D3348	Retreatment of Previous Root Canal Therapy - Molar	\$335.00	\$1,183.93
D3410	Apicoectomy/Periradicular Surgery - Anterior	\$210.00	\$776.91
D3421	Apicoectomy/Periradicular Surgery - Bicuspid (First Root)	\$235.00	\$819.67
D3425	Apicoectomy/Periradicular Surgery - Molar (First Root)	\$260.00	\$996.08
D3426	Apicoectomy/Periradicular Surgery (Each Additional Root)	\$85.00	\$317.34
D3430	Retrograde Filling - Per Root	\$55.00	\$229.02

		With CIGNA Dental Care	Without Dental Coverage
<b>PERIODONTICS (Treatment of Supporting Tissues [Gum and Bone] of the Teeth)</b>			
D0180	Comprehensive Periodontal Evaluation - New or Established Patient	\$30.00	\$76.57
D4210	Gingivectomy or Gingivoplasty - 4 or More Teeth, Per Quadrant	\$140.00	\$341.58
D4211	Gingivectomy or Gingivoplasty - 1 to 3 Teeth, Per Quadrant	\$70.00	\$142.48
D4240	Gingival Flap, Including Root Planing - 4 or More Teeth, Per Quadrant	\$180.00	\$557.96
D4241	Gingival Flap, Including Root Planing - 1 to 3 Teeth, Per Quadrant	\$95.00	\$462.31
D4245	Apically Positioned Flap	\$180.00	\$1,026.30
D4249	Clinical Crown Lengthening - Hard Tissue	\$195.00	\$612.84
D4260	Osseous Surgery - 4 or More Teeth or Bounded Spaces, Per Quadrant	\$335.00	\$911.17
D4261	Osseous Surgery - 1 to 3 Teeth, Per Quadrant	\$185.00	\$805.38
D4263	Bone Replacement Graft - First Site in Quadrant	\$260.00	\$442.74
D4264	Bone Replacement Graft - Each Additional Site in Quadrant	\$200.00	\$230.91
D4266	Guided Tissue Regeneration - Resorbable Barrier, Per Site	\$340.00	\$431.08
D4267	Guided Tissue Regeneration - Nonresorbable Barrier, Per Site (Includes Membrane Removal)	\$385.00	\$464.49
D4270	Pedicle Soft Tissue Graft Procedure	\$230.00	\$612.54
D4271	Free Soft Tissue Graft Procedure (Including Donor Site Surgery)	\$240.00	\$679.38
D4275	Soft Tissue Allograft	\$240.00	\$758.59
D4341	Periodontal Scaling and Root Planing, Four or More Teeth or Bounded Teeth Spaces Per Quadrant (Limit 4 Quadrants per Consecutive 12 Months)	\$70.00	\$197.01
D4342	Periodontal Scaling and Root Planing- One to Three Teeth, Per Quadrant (Limit 4 Quadrants per Consecutive 12 Months)	\$35.00	\$139.08
D4355	Full Mouth Debridement to Allow Evaluation and Diagnosis	\$50.00	\$109.85
D4381	Localized Delivery of Chemotherapeutic Agents, Per Tooth, By Report	\$25.00	\$52.48
D4910	Periodontal Maintenance (Limit of 2 Within the First 12 Months After Active Therapy)	\$40.00	\$103.60
D9940	Occlusal Guards - By Report	\$155.00	\$449.64
D9951	Occlusal Adjustment - Limited	\$30.00	\$84.15
D9952	Occlusal Adjustment - Complete	\$160.00	\$386.87

<b>PROSTHETICS (Removable Tooth Replacement - Dentures)</b> (Includes Up to 4 Adjustments Within First 6 Months After Insertion - Replacement Limit 1 Every 5 Years)			
D5110	Full Upper Denture	\$535.00	\$1,160.50
D5120	Full Lower Denture	\$535.00	\$1,079.17
D5130	Immediate Full Upper Denture	\$535.00	\$1,178.00
D5140	Immediate Full Lower Denture	\$535.00	\$1,146.48
D5211	Upper Partial Denture - Resin Base (Including Clasps, Rests and Teeth)	\$475.00	\$751.53
D5212	Lower Partial Denture - Resin Base (Including Clasps, Rests and Teeth)	\$475.00	\$805.36
D5213	Upper Partial Denture - Metal (Including Clasps, Rests and Teeth)	\$615.00	\$1,241.30
D5214	Lower Partial Denture - Metal (Including Clasps, Rests and Teeth)	\$615.00	\$1,262.70
D5225	Upper Partial Denture - Flexible (Including Clasps, Rests and Teeth)	\$475.00	\$797.63
D5226	Lower Partial Denture - Flexible (Including Clasps, Rests and Teeth)	\$475.00	\$1,165.98
D5410	Adjust Complete Denture Upper	\$35.00	\$64.84
D5411	Adjust Complete Denture Lower	\$35.00	\$59.76
D5421	Adjust Partial Denture Upper	\$35.00	\$63.12
D5422	Adjust Partial Denture Lower	\$35.00	\$63.33

<b>REPAIRS TO PROSTHETICS</b>			
D5510	Repair Broken Complete Denture Base	\$70.00	\$139.40
D5520	Replace Missing or Broken Teeth - Complete Denture (Each Tooth)	\$65.00	\$113.81
D5610	Repair Resin Denture Base	\$70.00	\$130.86

		With CIGNA Dental Care	Without Dental Coverage
D5630	Repair or Replace Broken Clasp	\$85.00	\$157.94
D5640	Replace Broken Teeth - Per Tooth	\$70.00	\$120.41
D5650	Add Tooth to Existing Partial Denture	\$70.00	\$140.28
D5660	Add Clasp to Existing Partial Denture	\$85.00	\$153.00

#### DENTURE RELINING (Limit 1 Every 36 Months)

D5710	Rebase Complete Upper Denture	\$195.00	\$287.66
D5711	Rebase Complete Lower Denture	\$195.00	\$224.44
D5720	Rebase Upper Partial Denture	\$195.00	\$270.08
D5721	Rebase Lower Partial Denture	\$195.00	\$354.88
D5730	Reline Complete Upper Denture (Chairside)	\$110.00	\$222.74
D5731	Reline Complete Lower Denture (Chairside)	\$110.00	\$226.46
D5740	Reline Upper Partial Denture (Chairside)	\$110.00	\$183.74
D5741	Reline Lower Partial Denture (Chairside)	\$110.00	\$191.62
D5750	Reline Complete Upper Denture (Laboratory)	\$165.00	\$303.05
D5751	Reline Complete Lower Denture (Laboratory)	\$165.00	\$300.56
D5760	Reline Upper Partial Denture (Laboratory)	\$165.00	\$289.22
D5761	Reline Lower Partial Denture (Laboratory)	\$165.00	\$309.86

#### INTERIM DENTURES (Limit 1 Every 5 years)

D5810	Interim Complete Denture (Upper)	\$250.00	\$604.25
D5811	Interim Complete Denture (Lower)	\$250.00	\$763.78
D5820	Interim Partial Denture (Upper)	\$220.00	\$476.90
D5821	Interim Partial Denture (Lower)	\$220.00	\$479.52

#### ORAL SURGERY (Includes Routine Post-Operative Treatment) Surgical Removal of Impacted Tooth - Not Covered for Ages Below 15 Unless Pathology (Disease) Exists.

D7111	Extraction of Coronal Remnants - Deciduous Tooth	\$10.00	\$103.45
D7140	Extraction, Erupted Tooth or Exposed Root (Elevation and/or Forceps Removal)	\$10.00	\$134.86
D7210	Surgical Removal of Erupted Tooth - Removal of Bone and/or Section of Tooth	\$40.00	\$213.31
D7220	Removal of Impacted Tooth - Soft Tissue	\$35.00	\$276.01
D7230	Removal of Impacted Tooth - Partial Bony	\$70.00	\$337.35
D7240	Removal of Impacted Tooth - Completely Bony	\$95.00	\$385.94
D7241	Removal of Impacted Tooth - Completely Bony With Unusual Surgical Complications	\$95.00	\$466.81
D7250	Surgical Removal of Residual Tooth Roots (Cutting Procedure)	\$40.00	\$220.10
D7260	Oroantral Fistula Closure	\$95.00	\$532.72
D7261	Primary Closure of a Sinus Perforation	\$95.00	\$572.57
D7270	Tooth Stabilization of Accidentally Evulsed or Displaced Tooth	\$10.00	\$295.88
D7280	Surgical Access of an Unerupted Tooth (Excluding Wisdom Teeth)	\$10.00	\$427.60
D7283	Placement of Device to Facilitate Eruption of Impacted Tooth	\$5.00	\$183.94
D7285	Biopsy of Oral Tissue - Hard (Bone, Tooth) (Tooth Related - Not allowed when in conjunction with another surgical procedure)	\$60.00	\$300.81
D7286	Biopsy of Oral Tissue - Soft (All Others) (Tooth Related - Not allowed when in conjunction with another surgical procedure)	\$50.00	\$286.65
D7288	Brush Biopsy - Transepithelial Sample Collection	\$60.00	\$144.58
D7310	Alveoplasty in Conjunction with Extractions - Per Quadrant	\$45.00	\$188.23
D7311	Alveoplasty with Extractions - Localized, Per Quadrant	\$25.00	\$166.55
D7320	Alveoplasty Not in Conjunction with Extractions - Per Quadrant	\$60.00	\$239.46
D7321	Alveoplasty not in Conjunction with Extractions - Localized, Per Quadrant	\$30.00	\$226.33

		With CIGNA Dental Care	Without Dental Coverage
D7450	Removal of Benign Odontogenic Cyst or Tumor - Up to 1.25cm	\$10.00	\$282.50
D7451	Removal of Benign Odontogenic Cyst or Tumor - Greater Than 1.25cm	\$10.00	\$511.15
D7471	Removal of Lateral Exostosis (Maxilla or Mandible)	\$10.00	\$523.14
D7472	Removal of Torus Palatinus	\$10.00	\$381.35
D7473	Removal of Torus Mandibularis	\$10.00	\$465.72
D7485	Surgical Reduction of Osseous Tuberosity	\$60.00	\$532.72
D7510	Incision and Drainage of Abscess - Intraoral Soft Tissue	\$10.00	\$171.38
D7511	Incision and Drainage of Abscess - Intraoral Soft Tissue Complicated	\$15.00	\$353.41
D7960	Frenulectomy (Frenectomy or Frenotomy) - Separate procedure	\$10.00	\$347.69
D7963	Frenuloplasty	\$15.00	\$388.91

### ORTHODONTICS (Tooth Movement)

Orthodontic Treatment (Maximum benefit of 24 months of interceptive and/or comprehensive treatment. Atypical cases or cases beyond 24 months require an additional payment by the patient.)

D8660	Pre-Orthodontic Treatment Visit	\$55.00	\$135.03
D8999	Unspecified Orthodontic Procedure, By Report (Orthodontic Treatment Plan and Records)	\$160.00	\$255.84
D8050	Interceptive Orthodontic Treatment of the Primary Dentition (Banding)	\$395.00	\$637.54
D8060	Interceptive Orthodontic Treatment of the Transitional Dentition (Banding)	\$395.00	\$637.54
D8070	Comprehensive Orthodontic Treatment of the Transitional Dentition (Banding)	\$425.00	\$965.49
D8080	Comprehensive Orthodontic Treatment of the Adolescent Dentition (Banding)	\$425.00	\$1,161.09
D8090	Comprehensive Orthodontic Treatment of the Adult Dentition (Banding)	\$425.00	\$1,236.50
D8670	Periodic Orthodontic Treatment Visit (As Part of Contract)		
	Children (Up to 19th Birthday):		
	24 Month Treatment Fee	\$1,700.00	\$3,663.36
	Charge Per Month for 24 Months	\$70.83	\$140.32
	Adults:		
	24 Month Treatment Fee	\$2,100.00	\$4,220.16
	Charge Per Month for 24 Months	\$87.50	\$173.60
D8680	Orthodontic Retention (Removal of Appliances, Construction and Placement of Retainer(s))	\$315.00	\$489.02

### GENERAL ANESTHESIA/IV SEDATION

General Anesthesia is covered when performed by an oral surgeon when medically necessary for covered procedures listed on the Patient Charge Schedule. IV Sedation is covered when performed by a periodontist or oral surgeon when medically necessary for covered procedures listed on the Patient Charge Schedule.

D9220	General Anesthesia - First 30 Minutes	\$145.00	\$328.39
D9221	General Anesthesia - Each Additional 15 Minutes	\$65.00	\$114.82
D9241	I.V. Conscious Sedation - First 30 Minutes	\$145.00	\$331.70
D9242	I.V. Conscious Sedation - Additional 15 Minutes	\$65.00	\$98.65

### EMERGENCY SERVICES

D9110	Palliative (Emergency) Treatment of Dental Pain - Minor Procedure	\$0.00	\$81.51
D9440	Office Visit - After Regularly Scheduled Hours	\$50.00	\$110.68

# We Give You More Reasons to Smile!

## CIGNA Dental makes it easier for children under seven to seek dental care.

Another benefit enhancement to the **\*Prepaid Plan - Pediatric Dentist Simplification Plan**

- You can now select a participating pediatric dentist as a primary care dentist for your dependent child(ren) under age seven. You can locate a participating pediatric dentist by visiting [www.cigna.com](http://www.cigna.com), [www.mycigna.com](http://www.mycigna.com) or by calling the number on your ID card and speaking with a representative.
- Because of this benefit enhancement, you no longer need a referral for your dependent child(ren) to receive dental care from a network pediatric dentist. In addition, preauthorization is not required.
- If your network general dentist refers your dependent child(ren) under age seven to a network pediatric dentist, your child(ren) will be automatically transferred to the pediatric dentist as his/her primary care dentist.
- If a network pediatric dentist is not available in your area, you must contact CIGNA Dental prior to starting a new treatment plan. We will advise you if a network pediatric dentist has been added to your area because coverage will then be available from the network pediatric dentist.
- You have the option to transfer back to any network general dentist or you may select another network pediatric dentist.
- The pediatric dentist can provide dental examination and treatment without sending the treatment plan into CIGNA Dental for prior payment authorization.
- As always, your standard co-payment will apply for each visit your dependent child(ren) will make to a pediatric dentist.
- Review your Patient Charge Schedule carefully so you will know what procedures are covered and what your financial responsibilities are.
- Once your dependent child(ren) reaches their seventh birthday, they will be transferred to your participating network general dentist.

\*Prepaid 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.

CIGNA Dental refers to the following operating subsidiaries of CIGNA Corporation: Connecticut General Life Insurance Company, and CIGNA Dental Health, Inc., and its operating subsidiaries and affiliates. The CIGNA Dental Care plan is provided by CIGNA Dental Health Plan of Arizona, Inc., CIGNA Dental Health of California, Inc., CIGNA Dental Health of Colorado, Inc., CIGNA Dental Health of Delaware, Inc., CIGNA Dental Health of Florida, Inc., a Prepaid Limited Health Services Organization licensed under Chapter 636, Florida Statutes, CIGNA Dental Health of Kansas, Inc. (Kansas and Nebraska), CIGNA Dental Health of Kentucky, Inc., CIGNA Dental Health of Maryland, Inc., CIGNA Dental Health of Missouri, Inc., CIGNA Dental Health of New Jersey, Inc., CIGNA Dental Health of North Carolina, Inc., CIGNA Dental Health of Ohio, Inc., CIGNA Dental Health of Pennsylvania, Inc., CIGNA Dental Health of Texas, Inc., and CIGNA Dental Health of Virginia, Inc. In other states, the CIGNA Dental Care plan is underwritten by Connecticut General Life Insurance Company or CIGNA HealthCare of Connecticut, Inc. and administered by CIGNA Dental Health, Inc.



# Locate a participating dentist. Instantly. Easily. Online.



Find a CIGNA Dental Care (Prepaid) network dentist close to home or work by visiting [www.cigna.com](http://www.cigna.com)

It's quick and easy to search for participating network dentists. You can also create, download, and print a personal directory to have on hand anytime you need it.

- **Select** "Provider Directory" on the cigna.com home page.
- **Enter your criteria** — search by name for a specific provider, language preference or by location and distance to find one close by.
- **Indicate your plan** (CIGNA Dental Care (HMO)) and select a primary care dentist
- **Review the results.** Get a complete profile including education, languages spoken, and a detailed map with directions.

That's it! You'll see a list of all the dentists matching your search, complete with addresses, telephone numbers, and professional training.

- Need directions? Just click View Map under the provider's name. You'll get a detailed map plus turn-by-turn driving directions you can print and bring along.
- Click on Print/Download for a customized printer-ready version of your results.

Keep in mind: Although CIGNA Dental Information on the web is updated regularly, always call the dentist's office to verify participation before making an appointment.

## CIGNA Dental Treatment Cost Estimator

Estimate and plan your dental care costs.

You can estimate and plan for your dental care costs using Treatment Cost Estimator on [myCIGNA.com](http://myCIGNA.com). This user friendly web-based tool allows you to get dental estimates based on your specific plan design and geographic location.

This tool is flexible, enabling you to get estimates at a procedure or treatment level. A treatment level estimate is usually more accurate because it represents a group of procedures used to treat or resolve a specific dental condition or disease. This gives you a better understanding of what you may pay when you visit the dentist.



[www.cigna.com](http://www.cigna.com)



# Expand Your Health Options – at Discounted Prices

**CIGNA Dental members may need to show an I.D. card to obtain discounts. You can print an I.D. card by visiting myCIGNA.com.**

Through Healthy Rewards®, CIGNA Dental members get access to a range of health and wellness programs and services often not covered by many traditional benefits plans. Healthy Rewards also can save you money whenever you use Healthy Rewards participating providers. To find them, visit myCIGNA.com.

Some Healthy Rewards are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

## WEIGHT MANAGEMENT AND NUTRITION

**Weight Watchers®:** For more than 40 years Weight Watchers has been teaching people how to lose weight safely by promoting healthy lifestyles. Now you have access to three Weight Watchers programs: traditional meetings,

Weight Watchers Online Subscriptions, and Weight Watchers At Home. Visit myCIGNA.com for details.

**Jenny Craig®:** This popular weight loss program provides personalized weight loss and weight management services, including nutritionally balanced, prepared Jenny's cuisine. You can sign up for a free 30-day trial membership

or take advantage of discounts of up to 50 percent on six-month and one-year programs. Visit myCIGNA.com for more details.

### Healthroads™ for Living Weight Management Program

**Program:** This program incorporates four important elements of weight control: nutrition, exercise, guided imagery and relaxation techniques. Includes personal progress reports to track your improvements.

### Weight Management Scales

**Scales:** Need a scale? Take advantage of our special Tanita Ironman scale offer with drugstore.com. While supply lasts save an additional \$20 off the already low price (taken at checkout). This scale measures weight, hydration, muscle mass, and body fat. You also can receive \$10 off other scales. For more information, please visit myCIGNA.com.



## TOBACCO CESSATION

**QuitNet®:** An online smoking cessation program that combines several effective methods into one easy-to-use program. Includes intensive social support, highly personalized content, access to and support for approved pharmaceutical therapies, and professional counseling. Combining these key components increases the likelihood of success compared with usual treatment or do-it-yourself





techniques. Visit myCIGNA.com for the special lifetime membership rate.

**Tobacco Solutions™:**

Healthy Rewards makes it easier (and less expensive) to quit smoking. Get the help you need with discounted Novartis Habitrol nicotine replacement patches. The eight-week program includes a behavioral CD and access to a tollfree support line. You can also get discounts on nicotine patch supplies, gum and lozenges. To find out more, visit myCIGNA.com.

**Healthyroads™ for Living Tobacco Cessation Program:**

Thanks to this telephonic and web based program, tobacco users receive support and a personalized cessation plan to meet their individual needs. Quit today for a healthier tomorrow!

**FITNESS**

**Fitness Club Memberships:**

Receive fitness club memberships at reduced rates. Simply choose a participating facility and you'll have access to fitness activities from aerobics to weight lifting.



**Just Walk 10,000 Steps-a-Day™:**

A fun, easy way to fit regular exercise into your busy schedule. The eight-week program includes an ACCUSPLIT X 120 pedometer, online tools to log daily steps and track progress, and educational materials that include a walking handbook and stretch card with illustrations. Visit myCIGNA.com to register.

**MIND/BODY**

**Yoga Journal:** Yoga can reduce your stress and increase your flexibility. Now you can save money through several Yoga Journal offers, including discounts on annual subscriptions, DVDs, and conferences.

**Healthyroads™ for Living Mind/Body Program:**

The use of positive mental visualization and relaxation techniques can help employees to lose weight, quit smoking, reduce pain, prepare for surgery or even cope with chronic illness.

**SpaFinder™:** Go to a spa to lose weight, get in shape, escape from daily stress, or simply relax. CIGNA members have access to over 3,500 participating facilities including day, destination, hotel, and medical spas (for a complete list, visit myCIGNA.com). Members receive 10 percent off gift certificates with free ground shipping.



**VISION AND HEARING CARE**

**Exams, Eyewear and Contacts:** Healthy Rewards offers discounts on exams, frames, lenses, contacts and accessories at thousands of eye care locations nationwide, including LensCrafters®, Sears, JCPenney, Pearle, and Target.

**Lasik Vision Correction:** A technique that may reduce or eliminate the need for glasses or contacts. Initial consultations are free through participating providers. Hearing Exams and Aids: Save on hearing aids and hearing tests. Screenings are free.

## ALTERNATIVE MEDICINE

**Acupuncture:** A painless, ancient healing technique, acupuncture can help to correct imbalances in the body caused by a variety of illnesses or conditions — resulting in pain relief and better health.

**Chiropractic Care:** Relief from pain, better mobility and improved circulation are proven benefits of this timehonored method.

**Massage Therapy:** A variety of new and ancient massage techniques that soothe muscles, tone up circulation and help to relieve pain naturally.



## VITAMINS, HEALTH AND WELLNESS PRODUCTS

**Drugstore.com:** An online pharmacy that stocks the same health and wellness items as the corner drugstore — for less.

**Healthyroads™ for Living:** Visit myCIGNA.com to order vitamins & herbal

supplements at a discount. We'll ship your order to your door, with no charge for standard deliveries.

## DENTAL CARE

**Power Toothbrush:** Good oral hygiene helps prevent and treat gum disease and contributes to good overall

health. CIGNA members can get discounts on a power toothbrush and replacement brushheads. Using a power toothbrush has been shown to be more effective in cleaning teeth

**Anti-Cavity Products:** Take advantage of a free trial offer and get discounts on a wide variety of anti-cavity products from Epic, including chewing gum, mouthwash, toothpaste, mints and sweetener. These products contain xylitol, which can help reduce cavities, according to recent clinical studies.

fitness, women's health, and healthy aging. Receive a free premium book with each purchase. Visit myCIGNA.com for a list of topics and ordering information.

**Magazine Discounts:** Save on newsstand prices and subscription rates on popular health, wellness, and special interest magazines, including *Fitness*, *Prevention*, *Consumer Reports*, *Bon Appétit*, *Time*, *Health*, and more. Discounts apply to renewed subscriptions. Find the coupon on myCIGNA.com, print and mail it to the address shown.

## HEALTHY LIFESTYLE PRODUCTS

**Mayo Clinic Books:** Get health information from a trusted source — at a discount. Choose from more than 20 topics, including



# CIGNA Dental Care - Limitations on covered services

Listed below are limitations on services covered by the Dental Plan:

**Frequency** — The frequency of certain covered services, such as cleanings, is limited. The Patient Charge Schedule lists any limitations on frequency.

**Specialty Care** — Payment authorization is required for coverage of services by a Network Specialist.

**Pediatric Dentistry** — Coverage to a Pediatric Dentist ends on an enrolled child's 7th birthday; however, exceptions for medical reasons may be considered on an individual basis. The Network General Dentist shall provide care after the child's 7th birthday.

**Oral Surgery** — The surgical removal of an impacted wisdom tooth is not covered if the tooth is not diseased or if the removal is only for orthodontic reasons.

## Exclusions - CIGNA Dental Care

Listed below are the services or expenses which are NOT covered under the Dental Plan and which are the Covered Person's responsibility at the dentist's Usual Fees. There is no coverage for:

- Services not listed on the Patient Charge Schedule.
- Services provided by a non-Network Dentist without CIGNA Dental Health's prior approval (except emergencies as described in Plan Documents).
- Services related to an injury or illness covered under workers' compensation, occupational disease or similar laws. (FL -- This exclusion relates to such services paid under Workers' Compensation, occupational disease or similar laws.)
- Services provided or paid by or through a federal or state governmental agency or authority, political subdivision or a public program other than Medicaid.
- Services relating to injuries which are intentionally self-inflicted.
- Services required while serving in the armed forces of any country or international authority or relating to a declared or undeclared war or acts of war.
- Cosmetic dentistry or cosmetic dental surgery (dentistry or dental surgery performed solely to improve appearance).
- General anesthesia, sedation and nitrous oxide, unless specifically listed on your dental fee overview.
- Prescription drugs.
- Procedures, appliances or restorations if the main purpose is to: (1) change vertical dimension (degree of separation of the jaw when teeth are in contact) or (2) diagnose or treat abnormal conditions of the temporomandibular joint, except as specifically listed on the Patient Charge Schedule.
- The completion of crown and bridge, dentures or root canal treatment already in progress on the date Covered Person becomes covered by the Dental Plan.
- Replacement of fixed and/or removable prosthodontic appliances that have been lost; stolen; or damaged due to patient abuse, misuse or neglect.
- Services associated with the placement or prosthodontic restoration of a dental implant.
- Services considered to be unnecessary or experimental in nature.
- Procedures or appliances for minor tooth guidance or to control harmful habits.
- Hospitalization, including any associated incremental charges for dental services performed in a hospital.
- Services to the extent the Covered Person is compensated for them under any group medical plan, no-fault auto insurance policy, or insured motorist policy.
- Crowns and bridges used solely for splinting.
- Resin bonded retainers and associated pontics.

# Frequently Asked Questions

## What if I need to see a specialist?

If you require specialty care, your network general dentist will refer you to a network specialist. You do not require a specialty referral to visit a network orthodontist or network pediatric dentist. You are responsible for paying the network dentist/specialist the applicable co-payments listed on your Patient Charge Schedule (PCS).

## Are braces covered?

Yes, both for children and adults. For orthodontic treatment started before you joined the CIGNA Dental Care plan, call Customer Service to determine if any benefit is available.

## How do I choose a dentist?

There are over 2,300 general dentists in Florida who serve State employees. More than 73% of you will have access to two or more dental offices within ten miles of your home. Select your dentist by visiting [www.cigna.com](http://www.cigna.com). For your convenience, we encourage members to register at [www.mycigna.com](http://www.mycigna.com). The automated Dental Office Locator always gives you the most up-to-date network information, available 24 hours a day. Customer Service and the Dental Office Locator are available at 1.800.CIGNA24.

## Can I change dentists?

Yes! Just call 1.800.CIGNA24 and use the Quick Transfer automated service available 24 hours a day or speak with a representative during business hours. The change will take effect on the first day of the following month. Transfers take approximately five days to process.

## Can family members use different dentists?

Yes! Covered family members can select their own network dentists.

## How much will I pay for covered services?

When there is a charge, your Patient Charge Schedule in your post-enrollment kit will tell you what the charge will be for covered procedures. CIGNA Dental Care members know exact amounts, not just a percentage of what the dentist would usually charge, so they are able to budget accordingly.

## How much do I pay for an office visit?

There is no patient charge for office visits. If you need a service for which there is a charge, your dentist will let you know.

## What about pre-existing conditions?

Treatment in progress prior to the effective date of coverage is not covered.

## Do I have to select a Network General Dentist?

As a Prepaid member, you are required to select and visit a network general dentist (provider) for all your dental care needs.

## What happens if I do not select a dentist from the CIGNA Prepaid Network?

If you receive covered service from a dentist who does not participate in the Prepaid network, your benefits may be significantly reduced or the services received may not be covered at all. At the time of enrollment in the Prepaid plan, you are required to select a network general dentist. If the dentist you choose is not available, then CIGNA Dental will select one for you.

## Did you know that you can access information about your dental benefits information online by visiting [myCIGNA.com](http://myCIGNA.com)?

Register at [myCIGNA.com](http://myCIGNA.com) to:

- View your personalized dental benefits information
- Download a Patient Charge Schedule
- Request an I.D. card
- Print a temporary I.D. card
- Change your network general dentist
- Learn more about dental health topics

## Want to learn more?

Simply visit [www.mycigna.com](http://www.mycigna.com)

<http://www.mycigna.com> and register.



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