



## Start Smiling!

Taking care of your teeth isn't just about having a nice smile and pleasant breath. Research has found a number of links between oral health and overall health. The condition of your mouth is closely tied to your overall physical health.

Take advantage of your benefits to stay healthy so you can focus on the things that matter most to you. With your dental coverage, you have access to more than 4,300 dental locations in South Carolina and 496,000 nationally.

### Using an In-Network Dentist

You are not required to see an in-network dentist. But if you do, you won't have to pay any additional cost above the agreed-upon fees. In addition, your in-network dentist will file your claims for you.

If you choose an out-of-network dentist, you may have to file your own claims. You can get a claim form at [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com) in the **Find a Form** section. Complete the form and send it to us to be reimbursed.

### Your Dental ID Card

When you go to the dentist, present your dental ID card to make sure the dentist applies your benefits correctly. Your dentist can easily verify your coverage by calling the Member Services number on the back of your dental ID card.

### Treatment Estimates

We recommend you have your dentist submit a request for a pretreatment estimate for services that are more than \$300. Your dentist can send an undated claim form and the proposed treatment plan to P.O. Box 100300, Columbia, South Carolina 29202, or fax them to [803-264-7629](tel:803-264-7629). We will send a pretreatment estimate to you and your dentist that details what services your plan will cover and how much it will pay.

### Locating a Dentist

To find an in-network dentist, visit [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).

Take a look on the back to learn how you can connect your Blue Dental coverage to My Health Toolkit®.

## My Health Toolkit

My Health Toolkit provides you the tools you need to manage your benefits securely. Use My Health Toolkit to access your digital ID card, check your dental claims status, view eligibility and benefits, and more. If you don't have an account, it only takes a few minutes to create one. Visit [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com), select the yellow **Register Now** button and follow the prompts.

## Connect Your Blue Dental Coverage to My Health Toolkit

To get started:

1. Visit [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com) and log in to **My Health Toolkit**.
2. Select **Add your Insurance Card Number** to access your account in the **Insurance Card** section.

### Insurance Card

Health: [\(View Your Card\)](#)

ZCL00000000

Have a dental account?  
[Add your Insurance Card Number to access your account.](#)

### Add Coverage

**\* Required**

Health

Insurance Card Number:  
ZCL00000000

Dental

If you also have Dental coverage with us, please enter the Insurance Card Number so we can update your access.

**\* Insurance Card Number:**  
123456789101

**Save**

3. From the **Add Coverage** screen, complete the **Dental Insurance Card Number** field in the **Dental** section.
4. Select **Save**.
5. You will now have access to your dental coverage in My Health Toolkit.

Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.