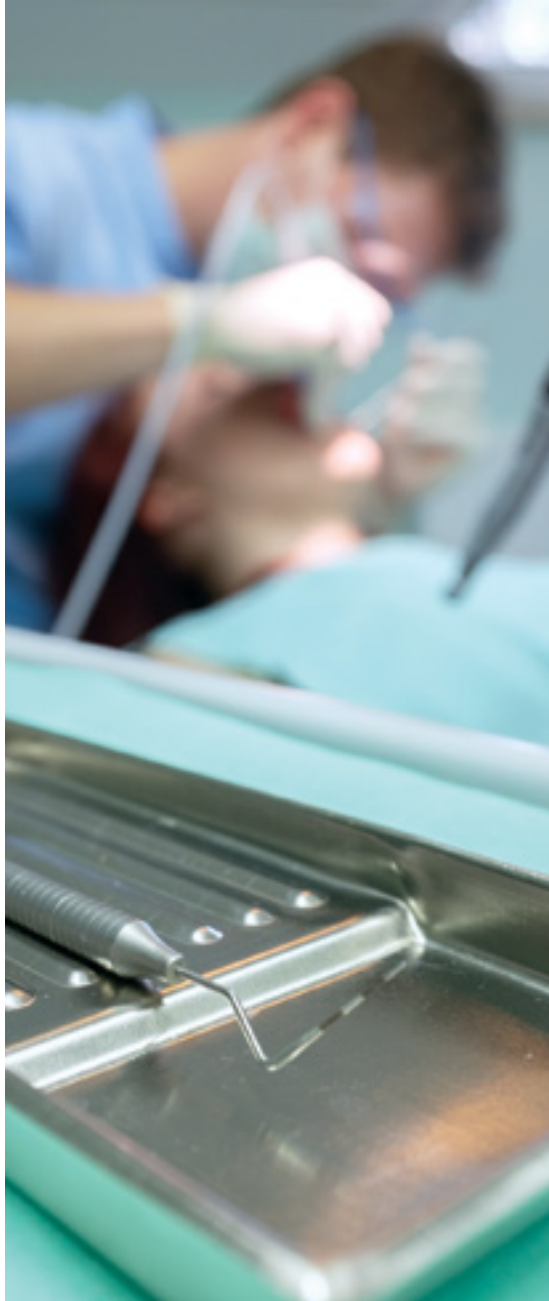


# Dental Plans

Oral health is an important part of your overall health and well-being. That's why we offer quality dental plans that can help you maintain your healthiest smile. Our dental plans help pay for cleanings, fillings, dentures, and other restorations and services. You can choose from two types of dental plans:



## Participating Provider Dental Program

With this type of preferred provider plan, you can choose your own dentist from our large network. Over 90 percent of Hawaii's dentists participate with HMSA, so it's easy to find a dentist in a convenient location. When you travel, you can go to dentists in the United Concordia Network on the Mainland. These plans also let you roll over some of your unused dental plan benefits to the following year with some restrictions.

## Dental Network Program

With this type of health maintenance organization plan, you'll choose a dental center in the Hawaii Family Dental network. These plans typically have fixed copayments to help you manage your out-of-pocket costs.

## Oral Health for Total Health

Members who have diabetes, heart disease (including stroke), Sjögren's syndrome, or oral cancer and women who are pregnant are eligible to receive additional dental services at no charge when they visit a dentist in our network. These services may include:

- Cleanings or periodontal maintenance every three months.
- Periodontal scaling every 24 months.
- Oral cancer screenings every six months and fluoride treatment once every three months for members who have been diagnosed with oral cancer.

To search for a dentist or dental provider, use the Find a Doctor tool on [hmsa.com](https://hmsa.com).



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