



Seven Tips to Make You a Knowledgeable Dental Consumer

1. Establish a relationship with a dentist you trust.

Ask your friends and family for a referral. You can also call United Concordia's TRICARE Dental Program's (TDP's) Customer Service department or visit www.TRICAREdentalprogram.com for a list of participating dentists in your area.

2. Schedule dental cleanings and oral exams every 6 months.

Regular dental care helps you enjoy a lifetime of health. Utilizing your dental benefits and visiting your dentist every 6 months also decreases your risk for certain diseases, such as tooth decay and oral cancer.

3. Utilize a United Concordia network dentist.

Receiving care from a network dentist means less out-of-pocket costs for you. Nominate your dentist to the network by submitting a nomination form on our Web site.

4. Request a predetermination of benefits for major dental services.

Although not required, it may be a good idea to request this before treatment for complex procedures to determine what your financial responsibility will be.

5. Ask questions.

If you have questions about your treatment, don't be afraid to ask. Some treatments may have alternative options that result in lower out-of-pocket expenses.

6. Understand your dental coverage.

Be sure to read all documents you receive regarding your coverage. Ask questions if you need clarification on anything.

7. Monitor your dental benefits.

Check out the TDP Web site or call TDP Customer Service for resources to help you understand and manage your dental health benefits.

For information on the TRICARE Dental Program, or to find more "Dental Health 101" tips, visit us online at www.TRICAREdentalprogram.com.

UNITED CONCORDIA
Insuring America's Dental Health