

00:04 Welcome to Benefit tips with Dr. T.

00:06 I'm Dr. Grant Tarbox,

00:08 and I'm happy

00:08 to be sharing some helpful information

00:10 about your Medicare Advantage benefits.

00:13 Let's talk dental HMO benefits.

00:16 Your plan may have dental coverage that includes

00:19 routine preventive care,

00:21 like oral exams and cleanings.

00:23 And most plans even cover fillings,

00:26 root canals, dentures, crowns and other services.

00:29 You may have a co-pay for certain ones.

00:33 So what makes our dental HMO benefit different?

00:37 Hands down, it's our dentists.

00:40 Every one of our licensed dentists

00:43 meets a standard second to none.

00:45 Our network keeps growing.

00:48 You'll need to choose a dentist

00:49 in our Cigna Dental Care Network.

00:51 It's easy to do.

00:52 Go to my Cigna dot com or

00:55 call the number on your customer ID card.

00:58 Need to brush up on

01:00 what services your plan covers?

01:01 Take a look at the dental plan care

01:03 guide in your welcome kit or renewal mailing.

01:06 Here's an important tip.

01:08 Your oral health directly

01:10 affects your overall health.

01:12 So schedule your dental visit today.

01:14 Your smile will thank you

01:15 inside and out.

01:17 Be sure to check out the rest of our

01:19 benefits video series.

01:20 We'll keep the tips coming

01:22 so you can keep healthy going.