

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

00:06 I'm Dr. Grant Tarbox,

00:07 and I'm happy

00:08 to be sharing some helpful information

00:10 about your Medicare Advantage benefits.

00:13 Did you know

00:13 your plan may come with a yearly dental allowance

00:17 and it covers a full range of services,

00:19 including routine exams, cleanings, X-rays,

00:22 fillings, extractions and root canals.

00:25 Even crowns and dentures.

00:27 Want the freedom to choose your own dentist?

00:30 With most plans

00:31 you've got it.

00:32 Choose any licensed dentist accepted by Medicare.

00:35 But here's a tip.

00:37 Choose a dentist

00:38 in our dental allowance network

00:39 and you'll get a discount with most plans.

00:42 Who doesn't love some extra savings?

00:45 Looking for a network dentist.

00:46 Go to my Cigna dot com.

00:48 You can also call 1-866-213-7295

00:54 to look for a dentist

00:55 and check your account balance.

00:57 Remember, you pay

00:58 no out-of-pocket costs

01:00 until you use up your allowance.

01:02 Want to know more?

01:03 Review your evidence of coverage

01:05 or visit Cigna Medicare dot com,

01:07 and get ready for full smiles ahead.

01:10 Be sure to check out the rest of our Benefits

01:12 video series.

01:13 We'll keep the tips coming

01:14 so you can keep healthy going.