



## Maximize Your Benefits!

### Tips to make you a smart United Concordia customer:

**1. Don't just find a dentist, find your dentist!**

Develop a relationship with a dentist you can trust. Ask around to get a good referral. You can go to [UnitedConcordia.com](http://UnitedConcordia.com) for a list of participating dentists. Receiving care from a network dentist means less out-of-pocket costs for you.

**2. Schedule cleanings and exams every 6 months.**

Regular dental care will keep you healthier overall and decrease your risk for diseases, such as gum disease and oral cancer.

**3. Understand your dental coverage.**

Don't just read it, know it! Be sure to review all paperwork that you receive regarding your dental coverage.

**4. Manage your benefits.**

No matter where you are, you can manage your benefits online or on your smart phone with My Dental Benefits. Visit [UnitedConcordia.com](http://UnitedConcordia.com) and sign in to My Dental Benefits. Or, download our member app. We make it easier to manage your dental benefits.

**5. Ask questions.**

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

Visit [UnitedConcordia.com](http://UnitedConcordia.com) for more dental health tips.