

# Individual

Dental and Vision Plans

Security. Choice. Value.



Capital BLUE 

Capital BlueCross is an Independent Licensee of the BlueCross BlueShield Association

# BlueCross Dental<sup>SM</sup>

The Capital BlueCross family of companies offers a wide range of options to meet your dental care needs. Backed by the security of a name trusted for nearly 80 years, these BlueCross Dental plans give you the freedom to choose providers and valuable opportunities to save on dental costs.

## BlueCross Dental PPO

### Most Freedom

- Flexibility to choose any dentist
- Save when you select a network dentist
- One of the nation's largest dental PPO networks
- Coinsurance on covered dental procedures
- No waiting periods<sup>1</sup>
- Orthodontia benefits for children

## BlueCross Dental Select<sup>2</sup>

### Best Coverage and Value

- Choose an in-network primary care dentist to coordinate your care
- One of the largest regional dental networks
- Copayments on covered dental procedures
- No waiting periods<sup>1</sup>, annual maximum plan benefit limits, or deductibles
- Orthodontia benefits for children and adults

This information is for illustrative purposes only. Classification of services varies by plan. Go to [ChooseCapitalBlue.com](https://www.choosecapitalblue.com) for full plan and program summaries.

Plan Name	Diagnostic and Preventive Services		Basic Services		Major Services		Orthodontia Services		Child	Monthly Rates <sup>4</sup>	
	Children (under age 19)	Adults (age 19 and over)	Children (under age 19)	Adults (age 19 and over)	Children (under age 19)	Adults (age 19 and over)	Children (under age 19)	Adults (age 19 and over)		Adult	
										Counties of Adams, Berks, Centre, Columbia, Lancaster, Lehigh, Mifflin, Montour, Northampton, Northumberland, Schuylkill, Snyder, Union, and York	Counties of Cumberland, Dauphin, Franklin, Fulton, Juniata, Lebanon, and Perry
Dental PPO Plan 1	✓	✓	✓	✓	✓	✓	✓ <sup>1</sup>		\$24.23	\$27.55	\$30.88
Dental PPO Plan 2	✓	✓	✓	✓	✓	✓	✓ <sup>1</sup>		\$24.23	\$23.08	\$25.87
Dental PPO Plan 3	✓	✓	✓	✓	✓	✓	✓ <sup>1</sup>		\$24.23	\$31.35	\$35.14
Dental PPO Plan 4			✓	✓	✓	✓				\$8.75	\$8.75
Dental Select Basic <sup>2</sup>	✓	✓	✓	✓	✓	✓	✓ <sup>3</sup>	✓	\$20.42	\$17.72	\$17.72

<sup>1</sup> No waiting periods except for medically necessary pediatric orthodontia services, which are available after a 12-month waiting period.

<sup>2</sup> Dental Select plans require the selection of a primary care dentist (PCD) from the BlueCross Dental<sup>SM</sup> Select network. The PCD provides routine care and arranges or provides most other medically necessary services. Except for emergency services, benefits are covered only when provided or properly referred by the PCD, preauthorized by Capital BlueCross, or as stated within the dental policy.

<sup>3</sup> In addition to medically necessary orthodontia services with a 12-month waiting period, value-added discounts are available for non-medically necessary orthodontia services with no waiting period. Discounts are not insurance and create no liability for payment by the plan.

<sup>4</sup> Rate applies to each child under age 21, up to three children; no charge for additional children.

# BlueCross Vision<sup>SM</sup>

## Vision Plan I

- Choose from a leading national network of participating providers including Walmart, Sam's Club, Pearle Vision, Sears Optical, J.C. Penney, and Target Optical, and many independent optometrists, ophthalmologists, and opticians<sup>5</sup>—or use any licensed vision provider.
- Save money using in-network providers (benefits highlighted at right). Refer to [ChooseCapitalBlue.com](http://ChooseCapitalBlue.com) for plan documents and more information.

### Added Discounts<sup>6</sup>

- Value Added Plus—Enjoy discounts on additional purchases from participating providers during the benefit period after the primary benefits have been exhausted.
- Contact Lenses by Mail—Convenient mail order and delivery of contact lenses is available with Contact Fill's discount program. Visit [contactfill.com](http://contactfill.com) or call toll-free at **866.234.1393**.
- Discounts for LASIK—Receive a 15 percent discount on standard prices or a five percent discount on promotional prices when a participating provider performs the services.

At-a-Glance		
Monthly Premium		
\$8.99 per person <sup>7</sup>		
Benefit Summary	In-Network Copayments	Frequency
Exam	\$10	12 months
Lenses		
Frames <sup>8</sup>	None	
Contact Lenses (instead of glasses) <sup>9</sup>		
In-Network Lenses Benefit Options <sup>10</sup> (in addition to lenses copayment above)		
UV Coating	\$12	
Tint	\$10	
Scratch Resistance		
Polycarbonate	\$25	
Anti-Reflective	\$40	
Standard Progressive	\$50	
Other Add-Ons	Retail Discount	
Maximum Allowances <sup>11</sup>		
Participating Provider		
Frames <sup>8</sup>	\$120	
Contact Lenses (instead of glasses) <sup>9</sup>	\$100	
Nonparticipating Provider		
Exam	\$32	
Frames	\$60	
Single Vision Lenses	\$24	
Bifocal Lenses	\$36	
Trifocal Lenses	\$46	
Contact Lenses	\$75	

<sup>5</sup> All other brand names, product names, or trademarks belong to their respective holders.

<sup>6</sup> Discounts are not insurance and create no liability for payment by the plan.

<sup>7</sup> Rate applies to each child under age 21, up to three children; no charge for additional children.

<sup>8</sup> You are responsible for frame costs over \$120, minus a 30% discount. (Example: If the frame costs \$220, the plan pays \$120. The 30% discount is applied to the \$100 balance, so you pay \$70.)

<sup>9</sup> You are responsible for contact lens costs over \$100, minus a 25% discount. (Example: If the contact lenses cost \$200, the plan pays \$100. The 25% discount is applied to the \$100 balance, so you pay \$75.)

<sup>10</sup> Lens options purchased from participating providers are provided at a fixed price (does not apply to Walmart/Sam's Club locations). Refer to the plan documents at [ChooseCapitalBlue.com](http://ChooseCapitalBlue.com) for specific pricing.

<sup>11</sup> The scheduled amounts shown are the maximum allowable amount. There is no assurance that the scheduled amount will be sufficient to pay the full cost of the service rendered or the materials selected.

BlueCross Vision<sup>SM</sup> is underwritten by Capital Advantage Assurance Company®, a subsidiary of Capital BlueCross.

Vision Plan I is not considered "minimum essential vision coverage" for children under the Affordable Care Act.

# Ready to Enroll?

## Eligibility

You and your dependents (spouse/domestic partner and unmarried children up to age 26) are eligible to enroll.

## How to Apply

- Online: Go to [ChooseCapitalBlue.com](https://www.ChooseCapitalBlue.com)
- By phone: Call **800.451.1181**
- In person: Visit a Capital Blue store
- By mail: Call us and we'll send you an application

## Effective Date

If we receive your application and payment:

- By the 15th of the month, your coverage will be effective on the first day of the next month
- After the 15th of the month, your coverage will be effective on the first day of the second month following receipt

# We Offer More

## Easy Access

As our customer, you will have easy access to a secure member account to:

- View your benefits, eligibility, and claims
- Print insurance ID cards
- Use tools designed to help you live healthy

## Manage Your Plan on the Go

Download the Capital BlueCross app to easily access your benefits, store your ID card, pay your bill, and more.

## Learn More

Visit [ChooseCapitalBlue.com](https://www.ChooseCapitalBlue.com) to:

- Learn more about our dental and vision plans
- Read detailed plan summaries
- Find participating dentists and vision providers

## Stop by a Capital Blue Store

As a Capital BlueCross customer, you have access to more than dental and vision benefits. Stop by a Capital Blue store to try an exercise class, enjoy a healthy snack, or consult with a fitness trainer or nutritionist.

Visit [CapitalBlueStore.com](https://www.CapitalBlueStore.com) for class and event schedules.

### Hampden Marketplace

4500 Marketplace Way, Enola, PA  
Monday–Friday, 8 a.m.–8 p.m. • Saturday, 8 a.m.–5 p.m.

### The Promenade Shops at Saucon Valley

2845 Center Valley Parkway, Center Valley, PA  
Monday–Friday, 9 a.m.–7 p.m. • Saturday, 9 a.m.–5 p.m.



Capital Blue is brought to you by Capital BlueCross, an Independent Licensee of the BlueCross BlueShield Association, serving 21 counties in central Pennsylvania and the Lehigh Valley.

Capital BlueCross and its family of companies comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you, or someone you're helping, has questions about your health plan, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 800.962.2242 (TTY: 711).

Spanish — Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de su plan de salud, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 800.962.2242 (TTY: 711).

Chinese — 如果您，或是您正在協助的對象，有關於您的健康計劃方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員請撥電話[在此插入數字800.962.2242 (TTY: 711)]。