



TELEDENTISTRY

Dental care, from wherever you are

Teledentistry, a version of telehealth, is the use of telecommunication to have an appointment with a dental provider. It often includes two-way video, telephone, email, text or chat. We have expanded our dental coverage options so that you can receive dental care through teledentistry instead of physically going to see in-network dental providers, when needed.

What can you use a teledentistry visit for?

Teledentistry is a convenient option for those times when you may not need to physically go into a dental office. Following are a few examples of what you can use teledentistry for.

You can use a teledentistry appointment:

- **For an initial evaluation:** If something comes up you would like to ask your dentist about, you can first have a teledentistry appointment to see if the dentist thinks you need to come into the office. The dentist may ask you to take a picture of your mouth and send it before your appointment.
- **For a routine exam:** When you're unable to have an in-person visit: Your dentist can take a look inside your mouth via video and talk about anything that may concern them. They

may ask you to use a flashlight or a few other household items to help conduct the exam.

- **For a recent injury:** Teledentistry is a great after-hours option for a recent injury that's not an emergency. Examples include missing fillings, crowns and mouth ulcers.

Scheduling a teledentistry visit

If you have a dental office where you currently receive care, we recommend contacting that office directly to schedule either in-person or virtual appointments. If you do not have an in-network dental provider, you can use our online provider search tool to locate one. Just visit **[DeltaDentalOR.com/adidas](https://www.DeltaDentalOR.com/adidas)**.

Dental services provided by in-network providers via teledentistry are now covered for Delta Dental of Oregon when billed as a class 1 (preventive) service.

[DeltaDentalOR.com/adidas](https://www.DeltaDentalOR.com/adidas)

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