



Today

taking care of
your dental health.

Tomorrow

feeling the benefits in your overall health.



Dental health: Why it matters,
today and tomorrow.

Did you know that your dental health can impact your overall health? It's a fact. Brushing, flossing and having regular dentist visits help keep your smile healthy, inside and out. Reducing the amount of harmful plaque and bacteria released into your bloodstream today reduces your risk of developing conditions such as coronary heart disease, stroke and diabetes later.



Questions?

If you need more plan
details, contact your broker.

Individual and Family Plans

Offered by Cigna Health and Life Insurance Company



Dental insurance: Why millions of people choose it.

Our dental plans offer an array of options with coverage and costs to meet your individual needs. Benefits range from preventive care to coverage for root canals, implants, orthodontia and more. Plus, you can enroll in one of our individual and family dental plans year-round.

Affordable plan options.

You've got choices, from plans that start from around a dollar a day to plans that bundle dental, vision and hearing coverage for added savings and convenience! With so many affordable and flexible plan options, it's no wonder that more and more people are choosing our dental plans.

How the savings can stack up.

The chart below shows how you could save with a Cigna® Dental I500 Plan.² It compares the out-of-pocket cost of services provided by a Cigna DPPO Advantage Network provider with the cost of services from an out-of-network provider as well as with the cost without dental insurance.³

	Class Category	Cigna DPPO Advantage Network	Out Of Network	Without Dental Insurance
Cleaning (Adult Prophyl) - D1110	I	\$0	\$62	\$106
Filling (Two surfaces) - D2392	II	\$29	\$167	\$249
Crown (Porcelain & High Noble Metal) - D2750	III	\$361	\$992	\$1,248
Orthodontics (Braces) - D8080	IV	\$2,909	\$5,752	\$6,752



Large Nationwide Networks

Cigna HealthcareSM provider networks: [Cigna.com/ifp-providers](https://www.cigna.com/ifp-providers)

All of our dental plans use one of our two networks:

Cigna DPPO Advantage Network⁴

- 74,000+ unique dental providers

Cigna DPPO Total Network⁴

- 129,000+ unique dental providers
- Among the largest dental networks available



Preventive and low-deductible plans

Low-cost coverage for you and your family

- Average monthly premiums as low as \$20⁵
- \$0-\$50 individual deductible, \$150 family deductible⁶
- Up to \$1,500 in benefits

- \$0 dental check-ups, including cleanings and routine X-rays⁷
- Orthodontia available on select plans



High annual maximum plan

More robust coverage, higher benefits

- Average monthly premiums as low as \$24⁵
- \$100 individual deductible⁶

- \$0 dental check-ups, after deductibles, including cleanings and routine X-rays⁷
- See any dentist you'd like, but save more with the Cigna Total network



Bundled plans

More benefits in one policy

- Average monthly premiums as low as \$32⁵
- \$50 – \$100 deductibles⁶
- Up to \$2,500 in dental benefits
- Up to \$300 in vision benefits
- Up to \$700 in hearing benefits
- Dental implants available on select plans⁸



Cigna Healthcare tools and resources: Where you're in control of your care.

You'll have access to self-service tools to manage your coverage plus resources to help you choose the right providers for you.

- **myCigna.com**[®] and the **myCigna**[®] App – Get one-stop plan access, which makes it easy to manage your policy and review your benefits.⁹
- **Brighter Score**[®] – Find in-network dental providers and review details to choose the right dentist for you.¹⁰
- **Healthy Rewards**[®] – Access discounts on fitness memberships and devices, plus vision care, LASIK surgery, hearing aids, meal planning services, and virtual workouts.¹¹



Compare plan costs and benefits to find the right fit for you.

PREVENTIVE AND LOW-DEDUCTIBLE PLANS

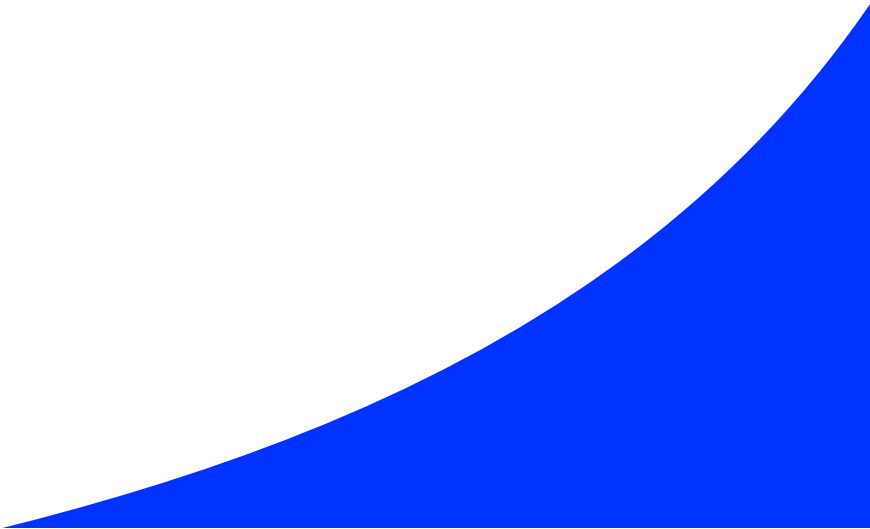
	Cigna Dental Preventive	Cigna Dental 1000	Cigna Dental 1500
Deductible - Calendar Year (Individual)	N/A	\$50	\$50
Family Deductible	N/A	\$150	\$150
Waived for Preventive (Class I)	N/A	Yes	Yes
Calendar-Year Maximum	Unlimited	\$1,000	\$1,500
Waiting Period¹² (Class I, II, III, IV)	N/A	0, 6, 12	0, 6, 12, 12
Co-insurance (Plan pays)			
Class I - Diagnostic & Preventive such as oral exams, cleanings and routine X-rays ¹³	100%	100%	100%
Class II - Basic Restorative such as fillings and simple extractions ¹³	Not covered	80%	80%
Class III - Major Restorative such as crowns, dentures and bridges ¹³	Not covered	50%	50%
Class IV - Orthodontia	Not covered	Not covered	50% & \$1,000 max ¹⁴
Class IX - Implants	Not covered	Not covered	Not covered
Network	Advantage	Advantage	Advantage
Average Premium	\$19.73	\$35.25	\$40.89
Age 0-24	\$19.73	\$28.05	\$32.76
Age 25-59	\$19.73	\$32.23	\$37.47
Age 60+	\$19.73	\$40.18	\$45.49

HIGH ANNUAL MAXIMUM PLAN

	Cigna Dental 3000/100
Deductible - Calendar Year (Individual)	\$100
Family Deductible	N/A
Waived for Preventive (Class I)	No
Calendar-Year Maximum	\$3,000
Waiting Period¹² (Class I, II, III)	0, 6, 12
Co-insurance (Plan pays)	
Class I - Diagnostic & Preventive such as oral exams, cleanings and X-rays ¹³	100%
Class II - Basic Restorative such as fillings and simple extractions ¹³	50%
Class III - Major Restorative such as crowns, dentures and bridges ¹³	50%
Class IV - Orthodontia	Not covered
Class IX - Implants	Not covered
Network	Total
Average Premium	\$32.40
Age 0-24	\$23.47
Age 25-59	\$26.08
Age 60+	\$38.22

BUNDLED PLANS

	Cigna Dental Vision 1000	Cigna Dental Vision Hearing 2000	Cigna Dental Vision Hearing 3500
Deductible - Calendar Year (Individual)	\$50	\$100	\$100
Family Deductible	\$150	N/A	N/A
Waived for Preventive (Class I)	Yes	Yes	Yes
Calendar-Year Maximum	\$1,000	\$1,500	\$2,500
Waiting Period¹² (Class I, II, III, IX)	0, 0	0, 0, 12	0, 0, 6, 12
Co-insurance (Plan pays)			
Class I - Diagnostic & Preventive such as oral exams, cleanings and X-rays ¹³	100%	100%	100%
Class II - Basic Restorative such as fillings and simple extractions ¹³	70%	70%	80%
Class III - Major Restorative such as crowns, dentures and bridges ¹³	Not covered	50%	50%
Class IV - Orthodontia	Not covered	Not covered	Not covered
Class IX - Implants	Not covered	Not covered	50% & \$2,000 max ⁸
Network	Advantage	Advantage	Advantage
Vision Exam Allowance	30% up to \$50	50% up to \$75	90% up to \$100
Vision Material Allowance	\$100	\$200	\$300
Hearing Exam Allowance	Not covered	\$50	\$50
Hearing Aid Allowance	Not covered	\$500	\$700
Average Premium	\$31.75	\$50.26	\$61.94
Age 0-24	\$31.52	\$41.25	\$51.63
Age 25-59	\$31.99	\$45.38	\$57.92
Age 60+	\$32.61	\$51.46	\$67.09



1. Sample daily rate is based on a single person and represents the Cigna Healthcare national average rate for all plans (all ages and geographic locations) and reflects rates valid as of November 2023. Subject to change.
2. Reflective of Cigna Dental 1500 Plan.
3. If you have a different plan, services may not be covered and discounts may vary. Chart is estimated; benefits may vary by provider and location. Out-of-network expenses may be higher in North Carolina and lower in Alaska and Massachusetts.
4. Zelis Network360 data as of November 2023. Subject to change.
5. Sample monthly rates are based on a single person per month and represent the Cigna Healthcare national average rates for each plan (all ages and geographic locations) and reflect rates as of November 2023. Premiums vary by geographic area and are subject to change.
6. Deductibles vary by plan and services. Please refer to the policy to understand the specific deductible and service details.
7. Not all preventive services are covered. Frequency limitations apply. For more information, review plan documents.
8. Implants subject to \$2,000 lifetime maximum and a 12-month waiting period.
9. The downloading and use of the myCigna mobile app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.
10. Brighter features may vary by dentist. These and other dentist directory features are for educational purposes only and should not be the sole basis for decision-making. They are not a guarantee of the quality of care that will be provided to individual patients, and you should consider all relevant factors when selecting a dentist.
- 11. Healthy Rewards programs are NOT insurance.** Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.
12. Waiting periods may vary by state; refer to the policy for more details. Waiting periods for Class 2 and 3 may be waived at the individual member level if the application indicates that there were 12 months or more of prior dental coverage that included coverage for Class 3, Major Restorative services, and not more than 63 days have lapsed between the prior coverage and this plan. Any prior dental insurance plan that did not include Class 3 services will not count toward waiting period waiver. Orthodontia and implant waiting periods are not eligible for waiver.
13. Covered services have frequency limitations, and some covered services are determined by age. For a complete listing of covered services, please read your plan documents.
14. Orthodontia subject to separate individual \$50 Class IV lifetime deductible.

Cigna Dental Preventive, 1000 and 1500 plans: AL, CO, CT, DE, HI, IA, IL, MI, ND, WV and WY: HC-NOT11 et al., AK: HC-NOT53, AR: HC-NOT36 et al., AZ: INDDENTPOLAZ032017, CA: INDDENTPOLCA0713 et al., DC: HC-NOT42 et al., FL: HC-NOT15 et al., GA: INDDENPOLGA0317, ID: HC-NOT51 et al., IN: HC-NOT2 et al., KS: HC-NOT49 et al., KY: HC-NOT44 et al., LA: INDDENTPOLLA0713, MA: HC-NOT11, HC-NOT32, et al., ME: HC-NOT58 et al., MD: INDDENTPOLMD.PREV, INDDENTPOLMD.1000, INDDENTPOLMD.1500 and MDINDSADHIPAMND10-20, MI: INDSADPOLMI.1000, INDDENTPOLAMI042021.1500, INDDENTPOLAMI042021.PREV, MO: INDDENTPOLMO0713, MN: INDDENTPOLMN0713, MS: HC-NOT48 et al., MT: INDDENTPOLMT0713, NC: HC-NOT18, NE HC-NOT47, et al., NH: INDDENTPOLNH.1000, INDDENTPOLNH.1500, INDDENTPOLNH.PREV, NJ: HC-NOT46 et al., NM: INDDENPOLNM0322.1000 and INDDENPOLNM0322.1500, NY: INDDENTPOLNY.PREV, INDDENTPOLNY.1000, INDDENTPOLNY.1500, NV: HC-NOT39 et al., OH: INDDENTPOLOH0317, OK: HC-NOT26 et al., OR: INDDENTPOLOR0713, PA: INDDENPOLPA0917, RI: INDDENPOLRIO918, SC: HC-NOT19 et al., SD: HC-NOT59 et al., TN: HC-NOT20 et al., TX: HC-NOT21 et al., UT: HC-NOT50 et al., VA: INDDENTPOLVA0317, VT: HC-NOT56 et al., WA: INDDENTPOLWA0317, WI: HC-NOT54, et al.)

Cigna Dental Preventive plan is not available in NM.

Cigna Dental 3000/100 plan (AL, CO, CT, DE, HI, IA, IL, ND, PA, WV and WY: HC-NOT11 et al., AK: HC-NOT53 et al., AR: HC-NOT36 et al., AZ: INDDENPOLAZ, DC: HC-NOT42 et al., FL: HC-NOT15 et al., GA: INDDENPOLGA0317, ID: HC-NOT51 et al., IN: HC-NOT23 et al., KS: HC-NOT49 et al., KY: HC-NOT44 et al., LA: INDDENPOLLA, ME: INDDENPOLME, MI: INDDENPOLMI, MO: INDDENPOLMO, MS: HC-NOT48 et al., MT: INDDENPOLMT, NC: HC-NOT18, et al., NE HC-NOT47 et al., NH: INDDENPOLNH, NM: INDDENPOLNM, NJ: HC-NOT46 et al., NV: HC-NOT39 et al., OH: INDDENPOLOH, OK: HC-NOT26 et al., RI: INDDENPOLRI, SC: INDDENPOLSC1022, SD: HC-NOT59 et al., TN: HC-NOT20 et al., TX: HC-NOT21 et al., UT: HC-NOT50 et al., VA: INDDENPOLVA, VT: HC-NOT56 et al., WI: HC-NOT54 et al.) have exclusions, limitations reduction of benefits and terms under which a policy may be continued in force or discontinued.

Cigna Dental 3000/100 plan is not available in CA, MA, MD, MN, NY, OR and WA.

Cigna Dental Vision/Dental Vision Hearing: INDDVPOL[State]1021.1000, INDDVHPOL[State], 1021.2000, INDDVHPOL[State], 1021.3500 (AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WI, WV and WY).

Cigna Dental Vision/Dental Vision Hearing plans are not available in MT, NM, NY, VA and WA.

Cigna Healthcare (Bloomfield, CT) products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company and Cigna Dental Health, Inc. In Texas, the dental plan is known as Cigna Dental Choice, and this plan uses the national Cigna DPPPO Advantage network. Product availability may vary by location and plan type and is subject to change. Please contact your insurance carrier, your agent/producer or the Health Insurance Marketplace if you wish to purchase PPACA-compliant pediatric dental coverage. All dental insurance policies and dental benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents or contact a Cigna Healthcare representative.

Insured by Cigna Health and Life Insurance Company.

Not for use in New Mexico or Utah.

