



County of San Mateo

Cigna Dental

Resources to help you make the most of your plan

2025

Offered by Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, or their affiliates. In Utah, plans are offered by Cigna Health and Life Insurance Company.

974338



Your Cigna Dental plans



Cigna Dental Care[®] (DHMO)¹



General dentist: Choose any general dentist in the Cigna Dental Care[®] network who can coordinate your dental care

- Change your network dentist at any time
- Receive care from a pediatric dentist up to age 13



Network: Cigna Dental Care offers access to providers who have pre-negotiated the cost of patient care so there are no surprises. Emergency care is covered both in- and out-of-network.²



Predictable costs: Estimate treatment costs in advance based on your Patient Charge Schedule, then pay the pre-negotiated charge for each service listed, if applicable



Deductible: No deductibles, you don't have to reach an out-of-pocket cost before coverage starts.



Maximums: No calendar year or lifetime maximums, your coverage isn't limited by a dollar amount.

1. The term "DHMO" is used to refer to product designs that may differ by state of residence of enrollee, including, but not limited to, prepaid plans, managed care plans, and plans with open access features. The Cigna Dental Care[®] (DHMO) product availability varies by state and is subject to change.
2. There are no out-of-network benefits with a Cigna Dental Care[®] plan except in the case of emergencies. For residents of MN and OK coverage is available out-of-network. See Appendix A for details.



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Dental Preferred Provider Organization (DPPPO)



Network: Select any licensed dentist, but see bigger savings if you use a dentist in the Cigna Dental network.



Specialist: See a specialist without a referral



Deductible: An annual amount that may apply to covered services before your plan begins to pay.



Coinsurance: Once you meet your deductible and satisfy any applicable waiting period, this is the portion you will pay of your covered dental care costs.



Coverage: The amount paid by your plan depends on:

- The coinsurance level for the service you receive
- The dentist you visit
- Whether you've paid your deductible and/or reached your maximum



Maximums: Once you reach the plan's calendar year dollar and/or any applicable lifetime maximum, your plan will no longer pay a portion of your costs during that plan year.



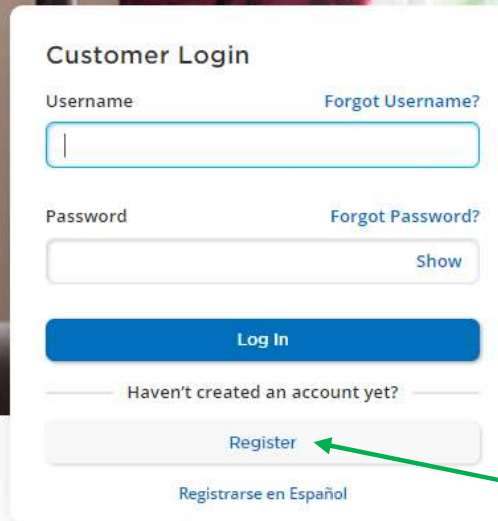
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Find In-network dental providers



Find In-network Dental Providers On myCigna.com



Customer Login

Username [Forgot Username?](#)

Password [Forgot Password?](#)

 [Show](#)

[Log In](#)

[Haven't created an account yet?](#)

[Register](#)

[Registrarse en Español](#)

Register on myCigna.com by typing in mycigna.com in your browser and clicking on **REGISTER**.

Your online account gives you access to these features:



Find Care and Costs

Search for in-network providers, procedures, cost estimates, and more.



View Claims

See a list of your most recent claims, their status, and reimbursements.



Manage Spending Accounts

Review your spending account balances, contributions, and withdrawals, all in one place.



Update Your Profile

Make sure your contact information is up-to-date so you don't miss out on important notifications about your plan.



Find In-network Dental Providers On myCigna.com

The screenshot shows the myCigna.com homepage. At the top left is the Cigna logo. To the right are links for 'Messages', 'ID Cards', and 'Lou'. Below this is a navigation bar with 'Home', 'Find Care & Costs', 'Claims', 'Coverage', and 'Wellness'. The 'Find Care & Costs' link is circled in red. Below the navigation bar, it says 'Welcome, Lou!' and 'Looking for care? Start here:'. There are three buttons: 'Dentist', 'Orthodontist', and 'Oral Surgeon', with a 'See all' link. Below this is a 'Recent Claims' section with a message: 'We can't find any claims within the past 180 days. Not all claims within 180 days are shown here. To view your claims, click on the claims summary link.'

Step 1. Click on **Find Care & Costs**

The screenshot shows the 'Find Care & Costs for Lou in San Mateo, CA' interface. It features four search tiles: 'Doctor by Type', 'Doctor by Name', 'Reason for Visit', and 'Health Facilities'. Below these is a search input field with the placeholder text 'Enter a specialty or type of doctor' and a 'Search' button. A drop-down menu is open, showing a list of 'Popular Doctor Types': General Dentist, Pediatric Dentist, Orthodontist, Oral Surgeon, Prosthodontist, Periodontist, Dental Hygienist, and Endodontist.

Step 2. Select a tile and type in your search or select from the drop-down menu



Find In-network Dental Providers On myCigna.com - Your Search Results



[Messages](#)
[ID Cards](#)
[Rx Cart](#)
[Prefer-First Name](#)

[Home](#)
[Find Care & Costs](#)
[Claims](#)
[Coverage](#)
[Spending Accounts](#)
[Prescriptions](#)
[Wellness](#)

114 In-Network results for General Dentist near San Mateo, CA

Sort: [Best Match](#)
 Results for: [Guest](#)
 Filling-Resin (tooth-colored)-Small Area-Front Tooth
 [More Options](#)

Henry O. Dee, DMD

0.1 mi

Henry O Dee, DMD, Inc | 327 N San Mateo Dr Ste 1 San Mateo, CA 94401 | (650) 343-8780

Specialties : General Dentistry



BrighterScore 9.9 / 10
 10 Professional History - 38 years
 9.8 Patient Experience - 165 Reviews
 10 Affordability - Great Prices

Filling-Resin (tooth-colored)-Small Area-Front Tooth

\$30.70 EST. COST

[Show Math](#)

- ✓ Total Cigna DPPO
- ✓ Accepting new patients

Yao-Lin L. Tang, DDS

0.2 mi

Tang, Yao L | 60 N El Camino Real Ste C San Mateo, CA 94401 | (650) 343-4040

Specialties : General Dentistry



BrighterScore 9.9 / 10
 10 Professional History - 29 years
 9.5 Patient Experience - 83 Reviews

Filling-Resin (tooth-colored)-Small Area-Front Tooth

- ✓ Total Cigna DPPO
- ✓ Accepting new patients



Selecting an in-network dental provider has never been easier.

- Brighter Score
- Patient reviews
- Cost estimates
- Map location



Accessing your Cigna ID Cards



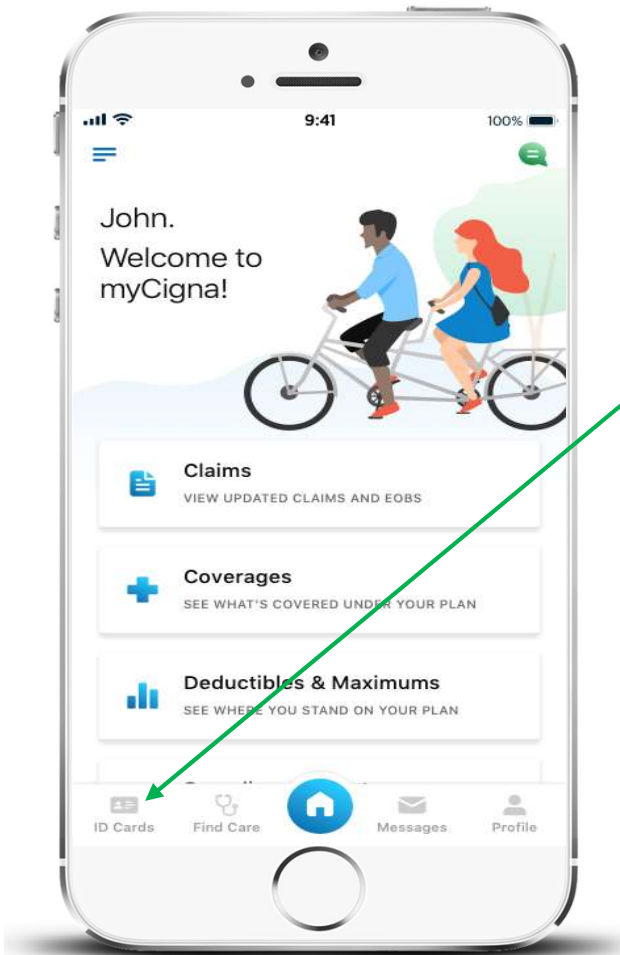
Access Your Cigna ID Card On myCigna.com

The screenshot displays the myCigna.com user interface. At the top left is the Cigna Healthcare logo. In the top right corner, there are links for Messages, ID Cards, and the user's name Lou. Below this is a navigation menu with Home, Find Care & Costs, Claims, Coverage, and Wellness. The main content area starts with a welcome message: "Welcome, Lou! Looking for care? Start here:". Below this are three buttons for "Dentist", "Orthodontist", and "Oral Surgeon", followed by a "See all" link. To the right is a "Talk to a Dentist" button with a phone icon and the text "We are ready to help 24/7". Below this is a "Recent Claims" section with a message: "We can't find any claims within the past 180 days. Not all claims within 180 days are shown here. To view your claims, go to your claims summary." A green box with an arrow points to the "ID Cards" link in the top right corner.

Click on the **ID Cards** link in the top right-hand corner of your myCigna.com's home page.



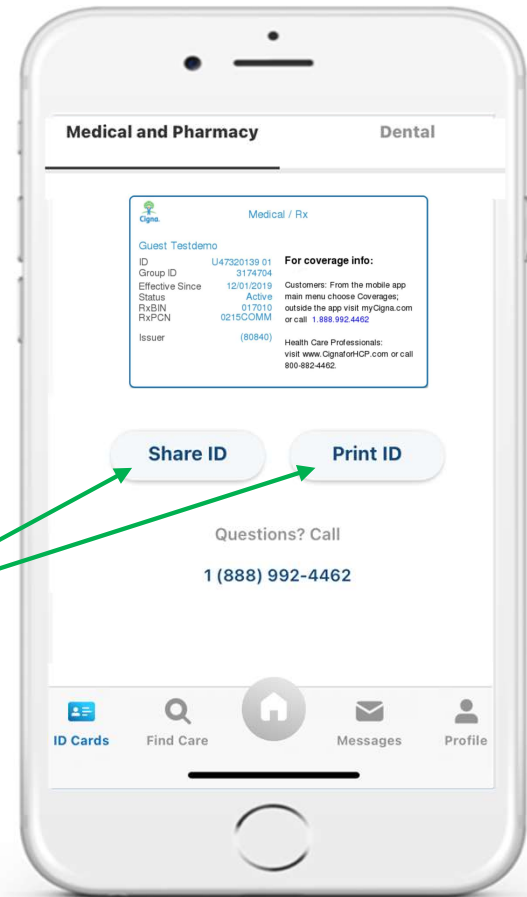
Access Your Cigna ID Card Through The myCigna Mobile App



From the myCigna app dashboard, tap on ID Cards.

View, print or share your Cigna ID card information for the entire family.

Download the myCigna App*



Programs and services for better oral health



Cigna Dental Virtual Care

Get the dental care you need without leaving home

If you need dental care and are unable to reach your regular provider, you now have the option to consult with a licensed dentist through a video call.

- Available 24 hours a day, seven days a week, 365 days a year
- Helps address urgent dental situations like toothaches, infection, swelling, bleeding and more
- Identifies whether more involved procedures are needed, and helps guide care
- If necessary, prescribes medication² to be filled at your local pharmacy
- Processed as in-network claim on your plan, with no copay or coinsurance costs (but does apply to your plan's annual maximum, if applicable)

To access Cigna Dental Virtual Care, just log on to your myCigna.comTM account and follow the prompts to the virtual care portal.

1. Cigna provides access to virtual care through national teledental care providers via myCigna.com as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers and is a requirement for this service. See your plan materials for the details of your specific Dental plan. This service is separate from coverage for virtual dental care obtained by your Dental plan's network and may not be available in all areas. A referral is not required for this service.
2. Dentists are unable to prescribe opioid or narcotic medications, and are subject to all laws in your residence state regarding the prescribing of medication.



SmartScan

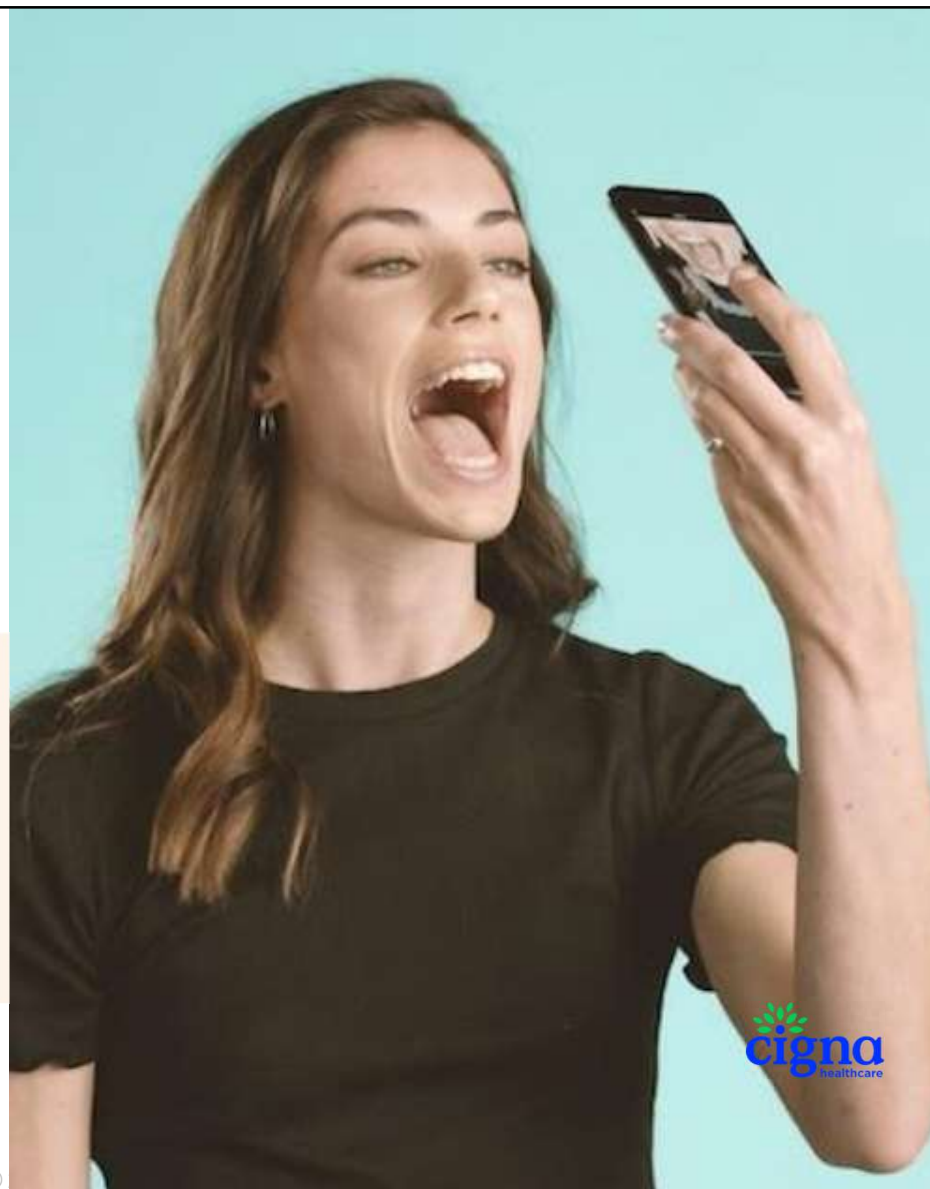
Keep your teeth in the picture of health.

If you avoid dental visits – whether due to costs, inconvenience or dental anxiety, SmartScan provides a fast, free and painless way to stay on top of your oral health.

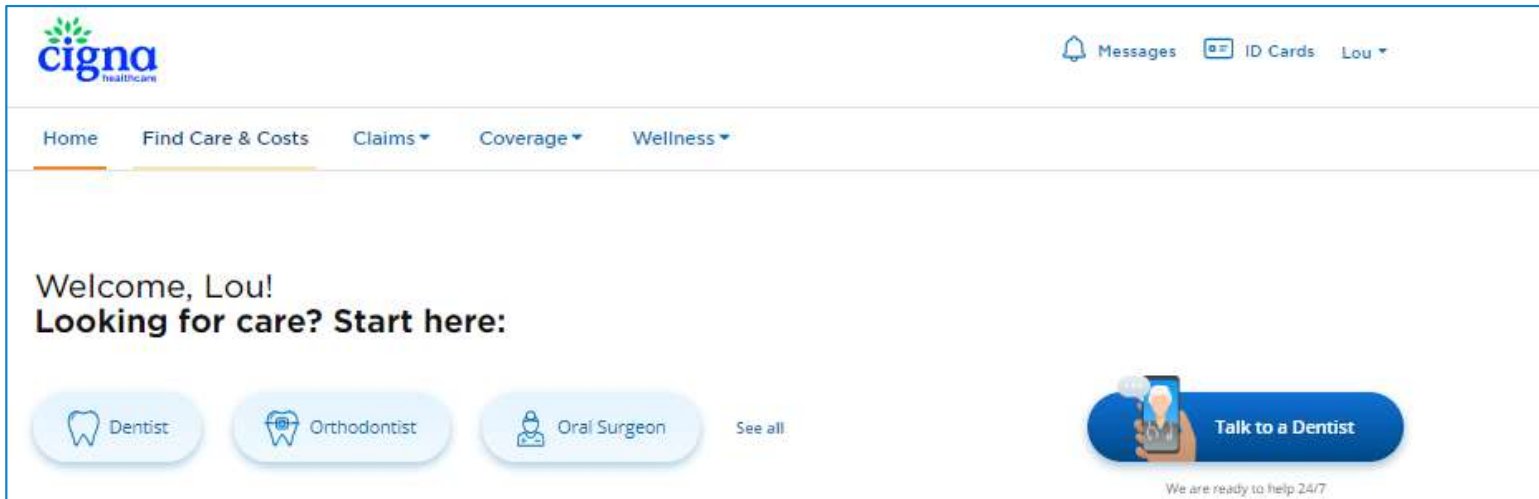
SmartScan is a simple oral health screening you can do from home.

The many benefits of SmartScan:

- SmartScreen screenings are available at no additional cost
- The process takes approximately five minutes from start to finish
- You'll get an understanding of your oral health status plus health tips on how to improve your oral health

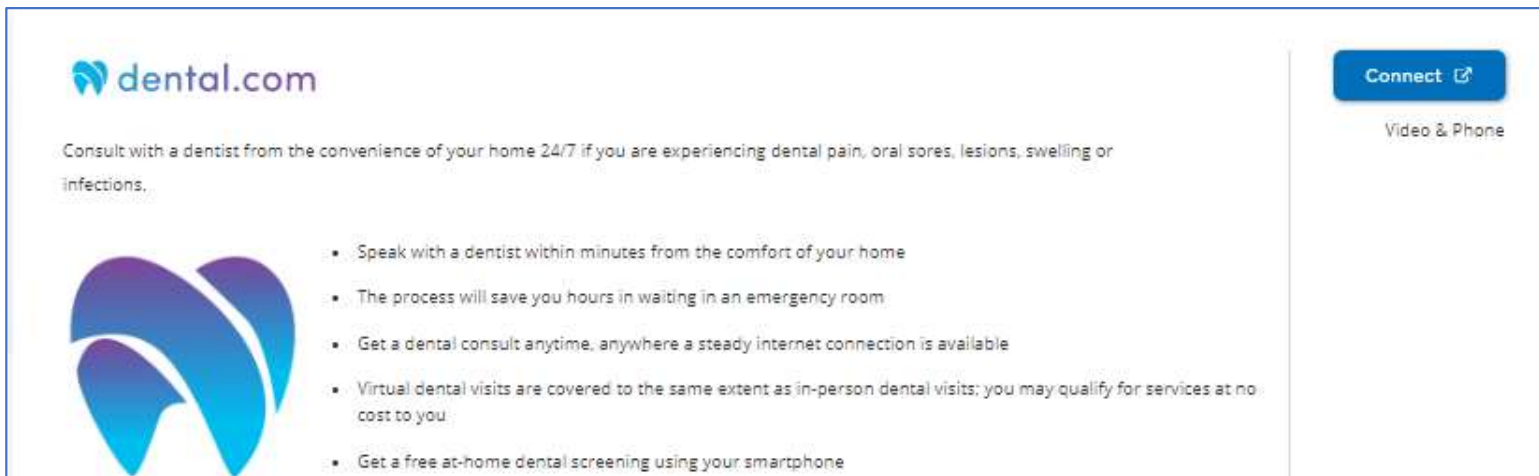


Locating Your Virtual Dental Services On myCigna.com



The screenshot shows the myCigna.com homepage. At the top left is the Cigna Healthcare logo. On the right, there are links for Messages, ID Cards, and a user profile for Lou. Below the header is a navigation bar with Home (selected), Find Care & Costs, Claims, Coverage, and Wellness. The main content area says "Welcome, Lou! Looking for care? Start here:" and features three buttons: Dentist, Orthodontist, and Oral Surgeon, with a "See all" link. A large blue button labeled "Talk to a Dentist" is prominently displayed, with a smartphone icon showing a dental appointment. Below this button, it says "We are ready to help 24/7".

Step 1. From myCigna.com's home page, click on **Talk to a Dentist**



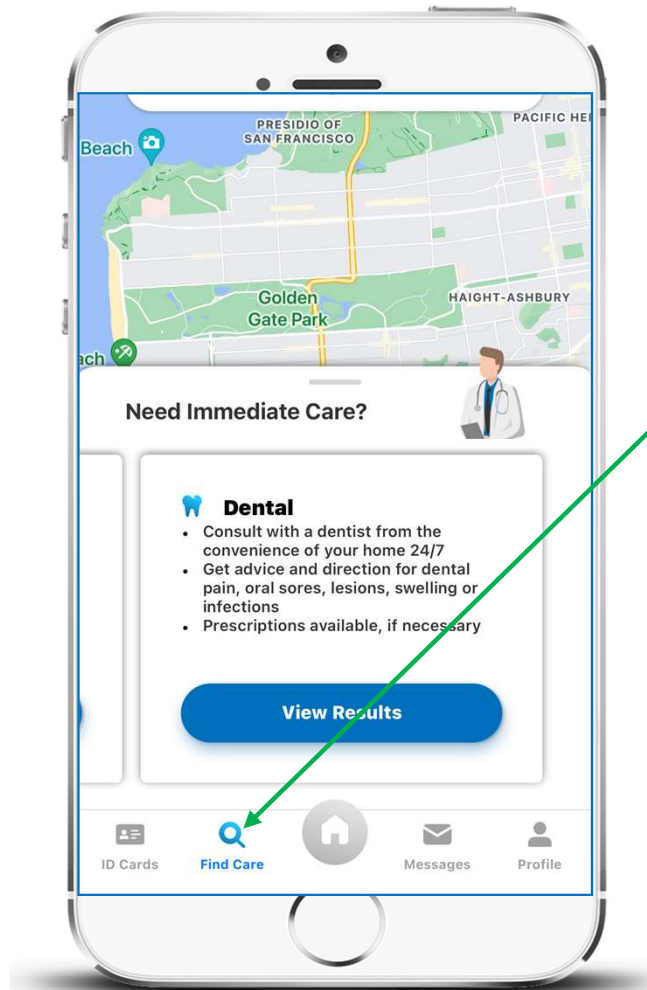
The screenshot shows the dental.com virtual dental services page. At the top left is the dental.com logo. Below it, the text reads: "Consult with a dentist from the convenience of your home 24/7 if you are experiencing dental pain, oral sores, lesions, swelling or infections." To the right is a blue "Connect" button with a video camera icon, and below it, the text "Video & Phone". On the left side, there is a large graphic of a tooth. To the right of the graphic is a list of five bullet points:

- Speak with a dentist within minutes from the comfort of your home
- The process will save you hours in waiting in an emergency room
- Get a dental consult anytime, anywhere a steady internet connection is available
- Virtual dental visits are covered to the same extent as in-person dental visits; you may qualify for services at no cost to you
- Get a free at-home dental screening using your smartphone

Step 2. Click on **Connect**



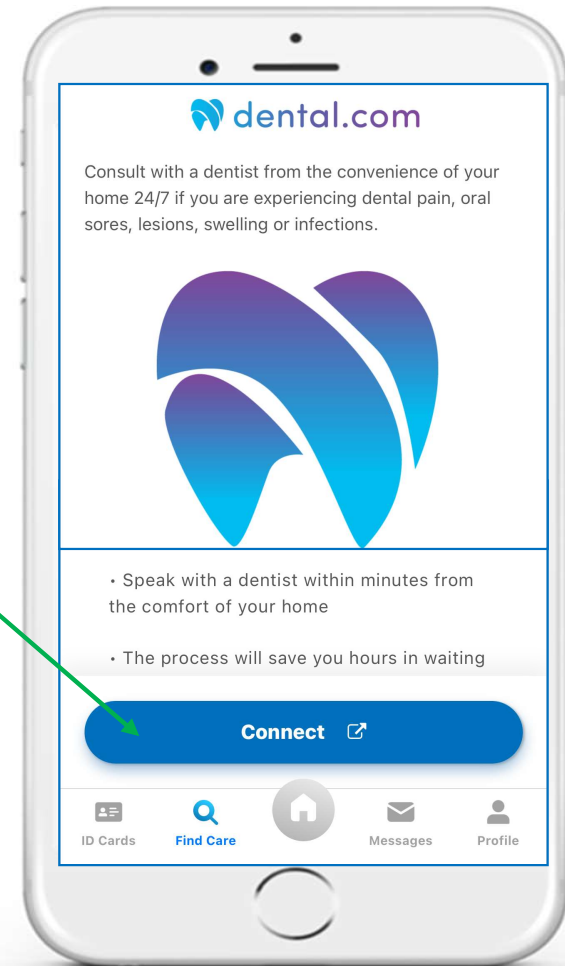
Access Your Virtual Dental Services Through The myCigna Mobile App



From the myCigna app dashboard, tap on **Find Care**.

Click on **Connect**.

Download the myCigna App*



Cigna Oral Health Integration Program® (OHIP)



Save money with better oral care

For customers with qualifying conditions, OHIP reimburses out-of-pocket costs for certain dental treatments.

Covered procedures may include oral evaluation, cleaning, scaling, fluoride applications, sealants, and periodontal treatment.¹



Qualifying conditions² include:

- Pregnancy
- Heart disease
- Stroke
- Diabetes
- Chronic kidney disease
- Organ transplants
- Rheumatoid arthritis
- Parkinson's disease

1. For customers with qualifying medical conditions, this program provides reimbursement for certain eligible dental procedures. Customers must enroll in the program prior to receiving dental services to be eligible for reimbursement. Reimbursement is applied to and subject to any applicable calendar year maximum. See your plan documents for program details.

2. Not a full list of conditions.

Locating OHIP and your Oral Health Assessments on myCigna.com



The Cigna Dental Oral Health Integration Program (OHIP)

Dental services used to treat or help prevent gum disease and tooth decay may also improve certain medical conditions. This program reimburses out-of-pocket costs for people with eligible medical conditions that may improve with dental care.



[See OHIP Details](#)

[Register Online](#)

Quiz Yourself on Oral Health


[Will you get gum disease? ↗](#)

[Test your cavity risk ↗](#)

[Be aware of oral cancer ↗](#)



Cigna Healthy Rewards

 Get discounts on the health products and programs you use every day, including:



Weight management and nutrition



Alternative medicine



Vision and hearing care

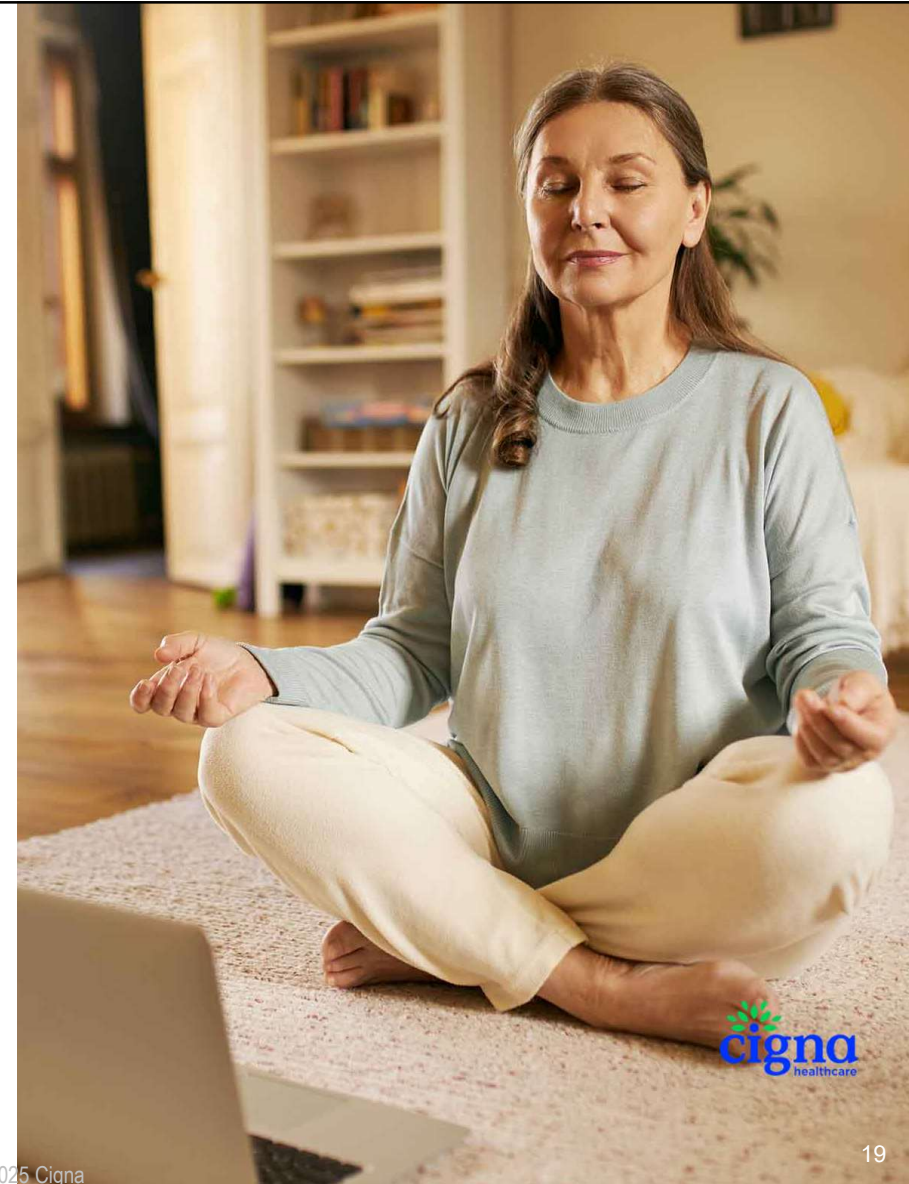


Fitness memberships and devices



Yoga products and virtual workouts

1. **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.



Locating Your Cigna Healthy Rewards On myCigna.com

The screenshot shows the top navigation bar of myCigna.com with the following tabs: Home, Find Care & Costs, Claims, Coverage, and Wellness. A green arrow points to the Wellness tab, which is highlighted. Below the Wellness tab, a dropdown menu lists categories: Food, Stress, Sleep, Exercise, Weight, and Prevention. A green box with text points to the Wellness tab, stating: "Select a category under the **Wellness** tab on myCigna.com's home page."

Below the navigation bar, the "Healthy Rewards" section is displayed. It includes the heading "Healthy Rewards®" and a sub-heading: "Discounts, rewards, and offers provided exclusively to you on your journey to total wellness. Print your [Healthy Rewards Discount Card](#)".

Three promotional cards are shown:

- Get fit with Active&Fit Direct**: Discounted gym memberships and workout videos. A red circle highlights the "Start Savings" button. The Active&Fit Direct logo is visible.
- Get Fit With Daily Burn**: Save on virtual fitness programs. The "Start Saving" button and Daily Burn logo are visible.
- Find Your Fit with Fitbit**: Save on Fitbit's latest smartwatches and trackers. The "Start Saving" button and Fitbit logo are visible.

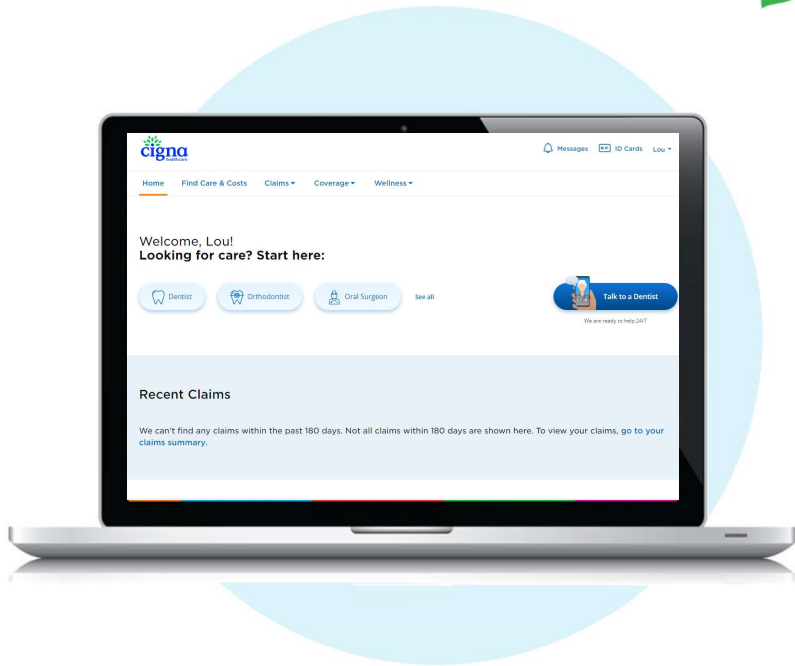
At the bottom of the Healthy Rewards section, there is a "+ Show More" button and a link to "View all Healthy Rewards®".



Support and Resources



myCigna.com



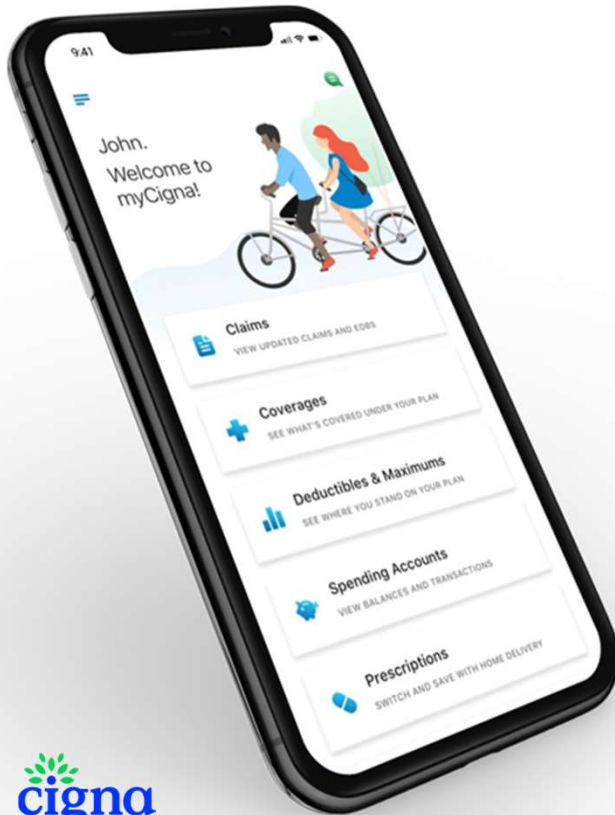
For illustrative purposes only.

Your online home for assessment tools, plan management, dental updates and much more:

- Find in-network dental providers
- View ID card information
- Review your coverage
- Manage and track claims and deductibles
- Compare cost and quality information for dentists and dental specialists
- Access dental health and wellness tools and resources



myCigna Mobile App



Get the information that you need right from your fingertips!

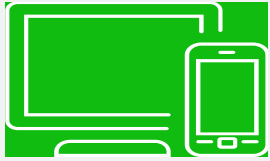
- Find in-network dental providers
- Review your coverage
- Manage and track claims and deductibles
- Compare cost and quality information for dentists and dental specialists
- Access your dental virtual care services
- View and send ID card information for the entire family

For illustrative purposes only.

App/online store terms and mobile phone carrier/data charges apply. Actual myCigna® features may vary depending on your plan and individual security profile.



Cigna Customer Service



Reach us 24/7, 365 days a year



Get answers to claims and benefits questions.



Ask for a Spanish-speaking service representative, or someone who can translate one of 200 languages.



Find in-network dental providers. Order an ID card and check claim status. Get cost estimates and service comparisons.



Get support from your Cigna Customer Service Representative. Anytime you need us, feel free to call the toll-free number printed on the back of your Cigna ID card.

1.800.244.6224

1. Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.



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Questions and answers



Dentists who participate in Cigna's network are independent contractors solely responsible for the treatment provided and are not agents of Cigna. The information in this presentation summarizes the highlights of your plan. For a complete list of both covered and not covered services, including benefits required by your state, see your employer's plan booklet, evidence of coverage, insurance certificate, or summary plan description – the official plan documents. If there are any differences between the information in this presentation and the plan documents, the information in the plan documents takes precedence.

Product availability may vary by location and plan type and is subject to change. All group 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.

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