



Dental  
Health Services

## Your 2023 Dental Benefits Guide

Dental Health Services is proud to work with SMART-MTA to offer members and their families the opportunity to enjoy comprehensive dental coverage and receive care from independent Quality Assured dentists – all with minimal out-of-pocket cost. To help you navigate your open enrollment period, please consider the following:

### Add or remove dependents

Adding or removing dependents is easy. Simply, complete the Enrollment/Change Form found at [SMART-MTATrustFund.com/Open-Enrollment](https://SMART-MTATrustFund.com/Open-Enrollment) and submit it to your Trust Fund by Nov. 30 2022.

### Go to a great dentist

Unlock your dental plan by first selecting a quality assured dentist in our network. Once selected, simply contact Dental Health Services at 866.644.5444 to let them know your preferred dentist. Requests received by the 10th of the month will be effective on the 1st of the next month. Change made after the 10th will be effective on the 1st of the month after next. If you need help selecting a dentist, please visit our Dentist Search on [dentalhealthservices.com](https://dentalhealthservices.com), or simply call us and one of our Member Services Specialists will be happy to assist you.

### Enhance your smile

Need braces? Orthodontic treatment is available to you at a low copayment. Please contact Dental Health Services for a list of available Orthodontists in your area.

### Enjoy great coverage

Experience no deductibles, maximums or waiting periods for a broad range of general dental procedures, including exams, x-rays, cleanings, sealants, amalgam & composite restorations, crowns, bridges, extractions, periodontics, and more.

### Work with employee-owners

Independently operated in Long Beach for more than 45 years, Dental Health Services is a unique employee- owned company. When you work with us, you'll have questions answered quickly and easily by your helpful Member Service Specialist.

#### DID YOU KNOW:

You are able to get assistance whenever you need help by contacting our local, bilingual Member Service Specialists by phone, fax, or online through [dentalhealthservices.com](https://dentalhealthservices.com)

Only caring, experienced, qualified doctors are accepted into our exclusive prepaid network, and all of our dentists undergo a careful and highly selective screening process.

#### About Dental Health Services & its employee owners

Founded by Godfrey Pernel, D.D.S. in 1974, Dental Health Services was one of the first dental benefits companies to specialize in the provision of prepaid dental plans, instantly setting industry standards with our great service and dedication to patient health. These core values continue to shape the commitment to our plan members and the participating dental offices that offer them outstanding care.