

# DENTAL BENEFITS



First Nations Health Authority  
Health through wellness

## First Nations Health Benefits & Services (FNHBS) offers you a comprehensive dental plan to support you on your wellness journey.

Oral health is directly linked to general health and wellness. Seeing an oral health care provider regularly can help you catch dental problems before they get too serious and require more extensive procedures.

## Did you know?

Oral health can affect more than just your mouth? Dental infections can complicate certain health conditions, such as diabetes, heart disease and pregnancy.

With your comprehensive dental benefits, you have regular access to essential preventative dental services, such as exams and cleanings, to take care of your oral and overall health.

## What my plan covers



Your plan covers certain dental items and services under the following categories:

- > Exams and X-Rays
- > Fillings
- > Bridges
- > Crowns, inlays, onlays, veneers
- > Dental surgery
- > Dentures
- > Night guards
- > Orthodontic services (coverage has age restrictions and medical criteria)
- > Periodontal services (e.g., cleanings, scaling or root planing)
- > Preventive services
- > Root canals and related services

## What my plan does not cover



Some items and services that are not covered by your dental plan include, but are not limited to:

- > Cosmetic treatments
- > Implants
- > Ridge augmentation



To have your dental care details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit [www.pac.bluecross.ca](http://www.pac.bluecross.ca), to login to your member profile.

# How do I access coverage?

When you make an appointment, the best way to access your coverage and avoid out-of-pocket costs is to discuss your treatment plan and billing details with your oral health care provider.

**1**

**Ask your dental provider if they are registered with PBC so they can bill PBC directly.**

**2**

**Talk to your dental provider about which items and services are fully covered by your plan.**

**3**

**Make sure any prior approval requests for items or services have been approved.**

**4**

**Check if your dental provider requires payment up front.**

If you have any questions about your dental plan, about how to access coverage, or need travel assistance to access your dental care, please call FNHBS at **1-855-550-5454**.

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