

2020 update to the Alberta Blue Cross Dental Schedule (ABCDS)

Alberta Blue Cross will be updating our Alberta Blue Cross Dental Schedule (ABCDS) fees effective January 1, 2020. The ABCDS provides our members with a reasonable basis of payment for dental claims that helps keep dental plan rates affordable.

WHAT CAN I DO TO GET THE MOST OUT OF MY BENEFITS WHEN I VISIT MY DENTIST?

It's important to understand that dental providers can charge more than what your plan pays. Because different dentists can charge very different fees for dental services, it's important to be as informed as possible before getting dental work done.

Here are some things you can do to be the best dental consumer possible:

- Tell your dentist that your plan pays according to the 2020 Alberta Blue Cross Dental Schedule (ABCDS).
- Ask your dentist if they charge according to the 2020 ABCDS. This will give you an idea of whether or not your dentist is charging according to your plan's basis of payment.
- If your dentist doesn't, show them the chart on page two and ask how their fees compare to the fees your plan pays.
- If you have another plan or a spending account, don't forget to use those.
- Most dentists are able to electronically submit a predetermination to Alberta Blue Cross prior to your appointment. This allows your dental provider to check how much your plan pays for dental procedures and how much, if anything, you would have to pay out-of-pocket. Most predeterminations are processed instantly.
- Shop around. Because dentists charge differing fees, this can save you significantly.

Visit ab.bluecross.ca and click "Navigate your plan" and choose the "Dental benefits" tab to learn more about the dental landscape and get suggestions on how to be wise dental consumers. To learn more about your benefits, visit the Alberta Blue Cross member site at ab.bluecross.ca or the Alberta Blue Cross My Benefits app and click "Sign in".

For your reference, the back of this page contains the 2020 ABCDS fees for the 30 most common dental procedures.

THE 2020 ALBERTA BLUE CROSS DENTAL SCHEDULE—COMMON PROCEDURES

Please consult your plan contract or benefit booklet for full information about any co-payment levels required by your plan.

Examples of Alberta Blue Cross Dental Schedule (ABCDS) for some typical services	
	ABCDS
Adult checkup (recall/cleaning)	\$297.32
Recall exam, two images (bitewing), two time units scaling, one time unit polishing, fluoride.	
Restoration ("filling")	\$259.24
Four surface amalgam (silver) filling—permanent molar, two pins for filling.	
Three-unit bridge	\$2,006.86*
Retainer (crown) for fixed bridge, pontic for fixed bridge (to replace missing tooth), retainer (crown) for fixed bridge.	
Crown	\$738.25*
Porcelain fused to metal crown.	
<i>* plus lab fees</i>	

WE'RE HERE TO HELP!

If you have any questions about your dental benefits, please call Alberta Blue Cross Customer Services at:

Edmonton and area: 780-498-8000

Calgary and area: 403-234-9666

Toll free: 1-800-661-6995

Service description	Alberta Blue Cross Dental Schedule
Complete examination (new patient—all permanent teeth)	\$90.76
Recall examination (checkup)	\$57.41
One image (periapical)	\$24.68
Three images (periapical)	\$60.27
Two images (bitewing)	\$40.32
Four images (bitewing)	\$70.09
Panoramic image (whole mouth)	\$78.99
Polishing (up to 15 minutes)	\$53.52
Scaling (removal of tartar, up to 15 minutes)	\$60.07
Fluoride	\$25.93
Pit and fissure sealant (first tooth)	\$29.18
Pit and fissure sealant (each additional tooth, same area)	\$14.60
Two surface amalgam (silver) filling—primary tooth	\$115.19
Three surface amalgam (silver) filling—permanent anterior tooth/bicuspid	\$168.40
Two surface amalgam (silver) filling—permanent molar	\$125.89
Four surface amalgam (silver) filling—permanent molar	\$216.86
Two pins for filling	\$42.38
Three surface composite (white) filling—permanent anterior tooth	\$167.76
Two surface composite (white) filling—permanent bicuspid	\$178.33
One surface composite (white) filling—permanent molar	\$133.79
Porcelain fused to metal crown	\$738.25*
Lab processed veneer	\$738.25*
Root canal therapy (three roots)	\$1,008.53
Root planing (removal of tartar, etc. from roots; up to 30 minutes)	\$130.01
Complete upper denture	\$724.43*
Pontic for fixed bridge (to replace missing tooth)	\$392.54*
Retainer (crown) for fixed bridge	\$807.16*
Uncomplicated tooth removal (first tooth)	\$120.14
Uncomplicated tooth removal (each additional tooth in same area)	\$120.14
Tooth removal—complete bone coverage	\$428.40

** plus lab fees*



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