

Alberta Blue Cross® Individual Health Plan Usual and Customary Dental Fee List

The Alberta Blue Cross® Individual Health Plan Usual and Customary Dental Fee List helps to keep your personal benefits plan affordable. The fees are reviewed each year to continue to provide you with a reasonable basis of payment for your Alberta dental claims. As dental costs in Alberta are expected to increase in the upcoming 2026 year, there will be an increase to the eligible fees referenced by your dental plan for 2026.

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 dentists can charge very different fees for dental services, it's important to be as informed as possible before getting dental work done.

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

- Let your dentist know that your plan pays according to the Alberta Blue Cross® Individual Health Plan Usual and Customary Dental Fee List.
- Ask your dentist how their fees compare to the Alberta Blue Cross® Individual Health Plan Usual and Customary Dental Fee List. You can refer to the chart on page 2 that outlines the fees eligible for the most commonly claimed procedure codes.
- The easiest way to know if you will have to pay out of pocket for dental services is to have your dental provider submit a predetermination to Alberta Blue Cross® prior to your appointment. This allows you and your dental provider to check how

much your plan pays for the dental procedures you need before getting the treatment. Most predeterminations are processed instantly.

- If you have another plan or a spending account, don't forget you can coordinate your benefits for reimbursement up to 100 per cent.
- Because dentists charge differing fees, we recommend you compare the rates charged by various providers. This may help you significantly save costs.

Visit our website to learn more about the dental landscape, receive suggestions on how to be a wise dental consumer and find useful resources about your dental fee guide. To learn more about your benefits, visit the Alberta Blue Cross® member site or download our app from the App Store or Google Play. You may also call our Individual Products team at 1-844-803-2111.

For your reference, the next page contains the Alberta Blue Cross® Individual Health Plan Usual and Customary Dental Fee List for many commonly claimed dental procedures.

ALBERTA BLUE CROSS® INDIVIDUAL HEALTH PLAN USUAL AND CUSTOMARY DENTAL FEE LIST

Please consult your plan agreement or benefit booklet for all the details about any co-payment levels required by your plan.

Examples of Alberta Blue Cross® Individual Health Plan Usual and Customary Dental Fees for some typical services

Adult checkup **\$412.34**
(recall/cleaning)

Recall exam, 2 images (bitewing),
2 time units scaling, 1 time unit
polishing, fluoride.

3-unit bridge **\$2,790.02***

2 retainers (crowns) for fixed bridges,
1 pontic for fixed bridge (to replace
missing tooth).

Crown **\$1,026.34***

Porcelain, ceramic or polymer glass fused
to metal base.

**plus lab fees*

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	Maximum amount
Complete examination (new patient—all permanent teeth)	\$137.65
Recall examination	\$77.54
Emergency examination	\$77.54
1 image (periapical)	\$35.97
2 images (bitewing)	\$57.33
4 images (bitewing)	\$105.38
Panoramic image (whole mouth)	\$106.61
Polishing (up to 7.5 minutes)	\$37.20
Polishing (up to 15 minutes)	\$74.40
Half unit scaling (up to 7.5 minutes)	\$41.76
1 unit scaling (removal of tartar, up to 15 minutes)	\$83.51
2 units scaling (up to 30 minutes)	\$167.02
3 units scaling (up to 45 minutes)	\$250.53
Fluoride treatment (gel or foam)	\$36.05
Pit and fissure sealant (first tooth)	\$40.57
2 surface amalgam (silver) filling—primary tooth	\$168.73
2 surface bonded amalgam —permanent molar	\$238.75
2 surfacetooth coloured filling—permanent anterior tooth/	\$199.26
3 surface tooth coloured filling—permanent anterior tooth	\$260.68
2 surface tooth coloured filling—permanent bicuspid	\$243.13
1 surface tooth coloured filling—permanent molar	\$201.73
Crown (porcelain, ceramic or polymer glass fused to metal base)	\$1,026.34*
Root canal therapy (3 roots)	\$1,296.32
1 unit root planing (removal of tartar, etc. from roots; up to 15 minutes)	\$90.37
2 units root planing (removal of tartar, etc. from roots; up to 30 minutes)	\$180.74
Complete upper denture	\$1,007.15*
Pontic for fixed bridge (to replace missing tooth)	\$545.72*
Retainer (crown) for fixed bridge	\$1,122.15*
Uncomplicated tooth removal (first tooth)	\$167.02

**plus lab fees*



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