

INDIVIDUAL DENTAL PLANS

Smile brighter with dental coverage you can count on

Affordable individual dental plans from Blue Cross and Blue Shield of Nebraska

Whether for routine cleanings or unexpected dental work, having the right coverage can help you keep your smile healthy – without the stress.

With plans designed for individuals and families, our dental options offer:

- Preventive care covered at 100%*
- Access to a large network of trusted dentists
- No waiting period for preventive services
- Options that include coverage for major services like crowns and dentures
- Plans that fit your needs – and your budget

Why choose dental coverage from Blue Cross and Blue Shield of Nebraska?

We've been serving Nebraskans for over 85 years. We're here to help you stay healthy, save money and feel confident in your coverage.

→ Enroll anytime at
[NebraskaBlue.com/GetDentalVision](https://www.nebraskaBlue.com/GetDentalVision).

Or talk to your broker to find the dental plan that fits your needs.

*Coverage details may vary based on specific plan benefits and provider network. Please refer to your plan documents for full information.



Did you know?

Your oral health is closely linked to your overall health. In fact, poor dental health has been associated with serious conditions like heart disease, diabetes and stroke.¹ Taking care of your teeth isn't just about a great smile – it's an important part of staying healthy.

¹ Source: Mayo Clinic. Oral health: A window to your overall health. <https://www.mayoclinic.org/healthy-lifestyle-adult-health/in-depth/dental/art-20047475>

Choose the right dental plan for you

Flexible coverage. Trusted care. Affordable options.

We offer three individual dental plan options to fit your needs and your budget.

	BlueDental 750		BlueDental 1200		BlueDental 1500	
	I don't go to the dentist a lot; I just go in for my preventive check-ups and cleanings.		I may have cavities or a tooth that needs to be pulled.		I have more complex dental issues and may require a crown or dentures.	
Deductible	\$100 per person per calendar year (applies to Coverage B Services)		\$100 per person per calendar year (applies to Coverage B and C Services)		\$50 per person per calendar year (applies to Coverage B and C Services)	
Calendar year maximum	\$750 per person calendar year (applies to Coverage A and B Services)		\$1,200 per person per calendar year (applies to Coverage A, B and C Services)		\$1,500 per person per calendar year (applies to Coverage A, B and C services)	
Coinsurance (what you pay)						
	In-network	Out-of-network	In-network	Out-of-network	In-network	Out-of-network
Coverage A services Preventative and diagnostic dentistry	\$0%	0%	20%	20%	\$0%	0%
Coverage B services Maintenance and simple restorative dentistry and oral surgery	50%	50%	50%	50%	50%	50%
Coverage C services Complex restorative dentistry, periodontic and endodontics	Not covered	Not covered	50%	50%	50%	50%
2026 Monthly premium rates						
Subscriber	\$31.14		\$37.45		\$48.05	
Subscriber + one	\$60.73		\$73.03		\$93.71	
Family¹	\$111.95		\$134.63		\$172.74	
Waiting periods						
	Coverage A		Coverage B		Coverage C	
BlueDental 750	None		3 months²		Not applicable	
BlueDental 1200	None		None		12 months	
BlueDental 1500	None		None		12 months	



Ready to enroll?

Sign up today at NebraskaBlue.com/GetDentalVision.

Or call us at **800-991-5650** to get started.

¹ Dependents are covered up to the age of 26.

² Waived when a BlueDental plan is purchased at the same time that a Medicare supplement, Armor Health or Nebraska HeartlandBlue policy is purchased or renewed.

Please note: BlueDental does not cover services for orthodontic dentistry.

Coinsurance is based on the allowable charge for a covered service. Generally, the allowable charge for covered services by in-network providers will be the contract amount. The allowable charge for covered services by out-of-network providers will be based on the contracted amount for Nebraska providers or an amount determined by the on-site plan for out-of-area providers.

Blue Cross and Blue Shield of Nebraska is an independent licensee of the Blue Cross Blue Shield Association. 60-340-508 (10-17-25)