

# 2020 update to the Alberta Blue Cross Usual & Customary dental fees

*The Alberta Blue Cross Usual and Customary dental fees are aligned with the Alberta Dental Association and College (ADA&C) provincial fee guide. The ADA&C has published their 2020 dental fee guide, effective January 1, 2020.*

---

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

The Alberta Dental Association and College (ADA&C) publishes a provincial fee guide of standard fees for dental services. However, this guide remains voluntary. So it is 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 ADA&C fee guide.
- Ask your dentist if they charge according to the 2020 ADA&C dental fee guide. 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](http://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](http://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 ADA&C fees for the 30 most common dental procedures.

## THE 2020 ADA&C FEE GUIDE—COMMON PROCEDURES

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

Examples of ADA&C for some typical services	ADA&C
<b>Adult checkup</b> (recall/cleaning)	<b>\$346.97</b>
Recall exam, two images (bitewing), two time units scaling, one time unit polishing, fluoride.	
<b>Restoration (“filling”)</b>	<b>\$302.57</b>
Four surface amalgam (silver) filling—permanent molar, two pins for filling.	
<b>Three-unit bridge</b>	<b>\$2,342.18*</b>
Retainer (crown) for fixed bridge, pontic for fixed bridge (to replace missing tooth), retainer (crown) for fixed bridge.	
<b>Crown</b>	<b>\$861.59*</b>
Porcelain fused to metal crown.	

*\* 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)	\$105.92
Recall examination (checkup)	\$67.00
One image (periapical)	\$28.81
Three images (periapical)	\$70.35
Two images (bitewing)	\$47.05
Four images (bitewing)	\$81.80
Panoramic image (whole mouth)	\$92.19
Polishing (up to 15 minutes)	\$62.46
Scaling (removal of tartar, up to 15 minutes)	\$70.10
Fluoride	\$30.26
Pit and fissure sealant (first tooth)	\$34.06
Pit and fissure sealant (each additional tooth, same area)	\$17.03
Two surface amalgam (silver) filling—primary tooth	\$134.44
Three surface amalgam (silver) filling—permanent anterior tooth/bicuspid	\$196.54
Two surface amalgam (silver) filling—permanent molar	\$146.93
Four surface amalgam (silver) filling—permanent molar	\$253.10
Two pins for filling	\$49.47
Three surface composite (white) filling—permanent anterior tooth	\$195.79
Two surface composite (white) filling—permanent bicuspid	\$208.11
One surface composite (white) filling—permanent molar	\$156.15
Porcelain fused to metal crown	\$861.59*
Lab processed veneer	\$861.59*
Root canal therapy (three roots)	\$1,177.04
Root planing (removal of tartar, etc. from roots; up to 30 minutes)	\$151.73
Complete upper denture	\$845.48*
Pontic for fixed bridge (to replace missing tooth)	\$458.12*
Retainer (crown) for fixed bridge	\$942.03*
Uncomplicated tooth removal (first tooth)	\$140.21
Uncomplicated tooth removal (each additional tooth in same area)	\$140.21
Tooth removal—complete bone coverage	\$499.98

*\* plus lab fees*



©\*\*The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan. ®Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. BE19-012 2019/12