

Smarter Dental Plans



Reduced X-ray Frequency

*You don't need to have so many X-rays.
That's according to the Food & Drug Administration and
the American Dental Association. And we agree.*

At Delta Dental, our goal is to provide what you need from your dental plan, without making you pay for something you don't.

Taking into account the advancements made in dentistry and radiography, the American Dental Association and the Food & Drug Administration recommend that individuals with low risk of oral diseases (such as cavities and periodontal disease) receive less frequent X-rays. This helps keep costs down and lowers exposure to radiation, while still ensuring diagnostic accuracy.

Delta Dental suggests that:

- Bitewing X-rays be limited to one time per 12-month period, and
- Full-mouth X-rays be limited to once every five years.

The cost impact is a 0.8% decrease in premiums.

