How to find out if your current dentist participates in a Cigna Dental Plan

1. Go to www.cigna.com
2. Select "Find a Doctor, Dentist or Facility" tab
3. Under "How are you Covered?" select "Employer or School"
4. Enter address, city, or zip
5. Select "Doctor by Type"
6. Select "General Dentist" from drop down
7. Under "Please Select a Plan" enter address, city or zip after "I Live In" and choose continue.
8. Select either Cigna Dental Care Access or Total Cigna DPPO depending upon which type plan you are interested in.
9. Review list of dentists in the city you typed in.

Your dentist not in the Cigna network?

To nominate a Dental Provider, you can submit a Dental Provider Nomination Form for contracting outreach. Forms are available at cityofhoustonbenefits.org or you can request one from the Cigna Pre-Enrollment Line at 800-401-4041.

Important note

If you enroll in the DHMO, you are required to select a Primary Care Dentist (PCD). If your current dentist is not in the Cigna Dental Care Access (DHMO) network, you will be auto-assigned to a dentist near your zip code. After May 1, 2023, you may call Cigna at 800-997-1406 to select a different PCD from the Cigna network. PCD changes are effective the first of the following month.

For more information

For detailed information, visit cityofhoustonbenefits.org to download PDFs:

- DPPO and DHMO FAQs
- Transition of Care FAQs
- Provider directories
- DPPO Orthodontics in Progress FAQs
- DHMO Orthodontics in Progress FAQs
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Need help?

If you need help choosing a dental plan, contact the pre-enrollment help line at 800-401-4041.
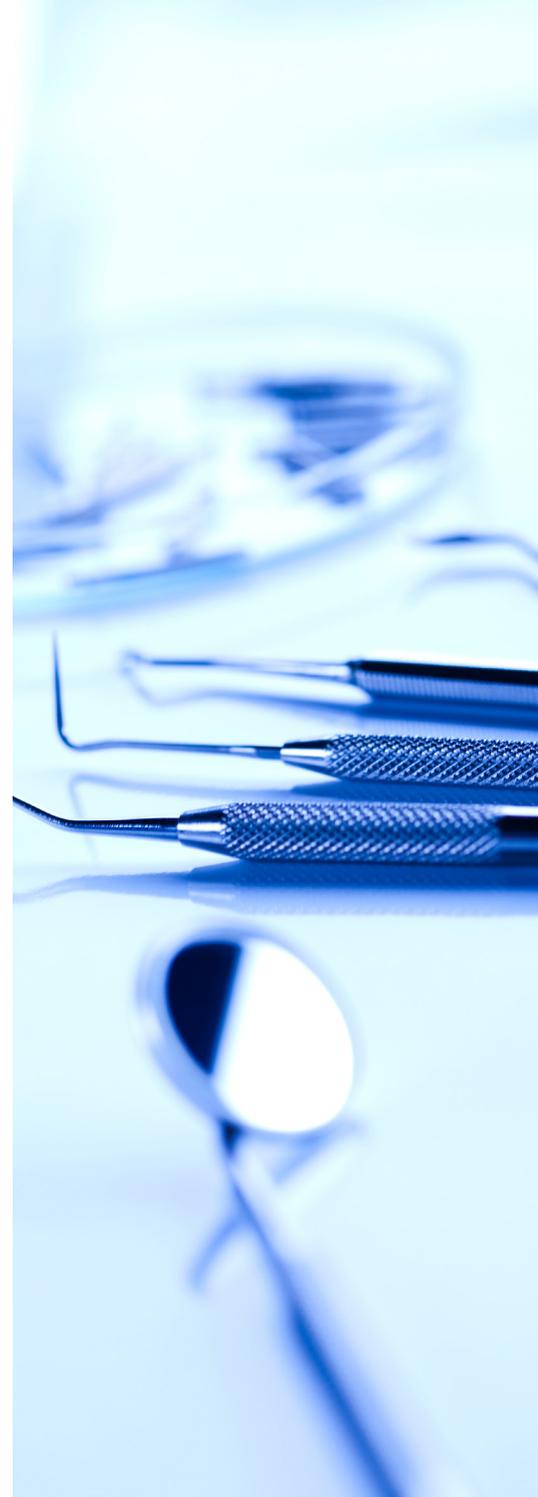
Dental Insurance Cards

Dental insurance cards are dispersed to new enrollees and to current members that change to a different plan. Please note, the Dental Office/Dental Provider name is printed on the ID card Carrier and not on the actual ID card itself.