

PRACTICE NEWS

Dr. Grooms's Baby, Free Extraction Day, and Top Dentist 2026!



Free Extraction Day is June 18th

We're so excited to announce that the office will be closed for scheduled appointments and will be open from 8am-5pm for free dental extractions, exams and x-rays. Please help us spread the word to those in need.

Top Dentist 2026

We're proud to share that Drs. Andersen and Chitilian were recognized for their excellence in general dentistry by **Baltimore Magazine** in their June edition! Dr. Andersen was also honored to be selected as the featured dentist for the article.



Dr. Grooms is back from maternity leave!



Dr. Grooms welcomed her second son, baby Austin, at the end of February! We are so happy that they are thriving and she is back in the office to take care of all of your dental needs!

Closures for 2026

We will be closed 6/18-6/19 (Free extraction day and Juneteenth), 9/7 (Labor Day) 11/27-11/30 (Thanksgiving), 12/24-12/25 (Christmas) and 12/31(pm)-1/1 (New Years). We will still be available on the after hours number 410-929-1808.

Hiring

We are hiring hygienists! If you know someone licensed in Maryland, have them send their resume to hr@fellspointdental.com

Insurance Update: Out of Network Benefits

We are currently out of network with CareFirst, United Healthcare, and MetLife. We understand that the biggest consideration when dealing with out of network benefits is knowing what your copay will be. Over the past year, we have gained an understanding of typical reimbursement rates for cleanings, x-rays, and exams.



Below are examples of typical reimbursement rates for routine appointments. Your individual benefits are determined by your employer and the insurance company. If you are looking to select a new insurance carrier, we are happy to review possible plans with you. **Federal plans tend to have the worst copays, which is a significant departure from our expectations of federal health benefits.**

Our office fee for an exam, preventative cleaning, and bitewing x-rays is \$283. With out of network benefits, your insurance company will pay a portion of this fee and sometimes the entire fee. Two days in advance of routine appointments, our team sends treatment plans with an estimation of copays and insurance contributions. Please reach out to us with new insurance policies as early as possible to give us time to research your benefits prior to your appointment.

In-Network List for Open Enrollment

- ◆ United Concordia
- ◆ GEHA
- ◆ Principal
- ◆ Guardian
- ◆ Aetna
- ◆ Humana *
- ◆ Ameritas*
- ◆ Cigna*
- ◆ Dental Network of America*
- ◆ Dominion *
- ◆ Lincoln Financial Group *
- ◆ Sunlife*
- ◆ UMR*
- ◆ Delta Dental (Premier Provider)

* Most plans, administered through network share agreements, some plans utilize out of network benefits.

METLIFE

Since going out of network, MetLife's reimbursement rates have remained consistent. Most MetLife plans pay close to our office fee leaving patients with little to no copay for routine appointments.

Most patients can expect to owe approximately \$2 for these visits although there are some plans that reimburse less with a copay of \$172.

UNITED HEALTHCARE

Many United Healthcare plans pay close to our office fee but some plans pay off of a lower out of network fee schedule.

Out of pocket costs can range from \$1 to \$203 for these visits.

Since this range is so broad and the plans are widely variable, please reach out in advance of your visit and we will be happy to look into your specific plan.

CAREFIRST

Plan coverage is variable. Some plans also have higher out of network deductibles that apply to routine visits and some are reimbursing off a lower fee schedule.

Out of pocket costs can range from \$0 to \$207 for these visits.

As a reminder, CareFirst will send all reimbursement checks directly to you. We will collect the total fee at the time of the appointment and CareFirst will reimburse you directly within a few months.