



Welcome to Willamette Dental!

Find peace of mind with your new dental benefits.



Visit willamettedental.com

Explore our website to learn more about our treatment philosophy and providers, find your nearest location, and read patient reviews.



Schedule your appointment

Call our local appointment center to schedule your new patient appointment at 855.433.6825.

No ID Card needed - All patient information is securely stored in our system. To schedule or check in, simply provide your name and date of birth—that's it!



Review your benefits

With no maximum*, no deductible, and predictable copays - your benefits are simple and easy to understand. Contact your plan administrator for a summary of your benefits.



Enjoy your personalized dental care

Our dental teams put your needs at the center of everything we do, combining compassion with evidence-based care to ensure your long-term health and well-being. We can't wait to meet you!

Appointments

855.433.6825, Option 1

Mon - Fri 7 AM to 5:30 PM PT, Sat 7 AM to 1 PM PT

Dental emergency assistance available 24 hours per day, 7 days per week

Questions about your benefits?

Contact Member Services at 855.433.6825, Option 2 or memberservices@willamettedental.com

Member Services Hours: Mon - Fri 8 AM to 5 PM PT



Quality care & comprehensive coverage— *all in one place*

At Willamette Dental, we believe dental care should do more than fix problems — it should prevent them.



With over 55 years of expertise, we've pioneered an approach that integrates **evidence-based care, clinical leadership, and comprehensive insurance solutions**. Together, these elements create a system that delivers better outcomes and a brighter future for all.

Key plan features

- **Simple, predictable costs** — No annual maximums,* deductibles, or waiting periods
- **Seamless care access** — Willamette Dental offices provide all benefits and services
- **Hassle-free scheduling** — Call 1.855.433.6825 to book your appointment
- **Convenient office hours** — Open Mon – Fri, 7AM – 5:30PM, with rotating Saturday availability
- **Emergency care when you need it** — In-person visits within 48 hrs and 24/7 phone support
- **Language accessibility** — Translation services available from scheduling to chairside
- **Comprehensive specialty services** — including orthodontics for all ages
- **No ID card needed** — your information is securely stored for easy access

Care as unique as you

Our Personalized Dental Care Plans (PDCP) are built on evidence-based practices, ensuring your dental care is tailored to your unique needs.



Personalized treatment



Tooth decay & gum disease exams

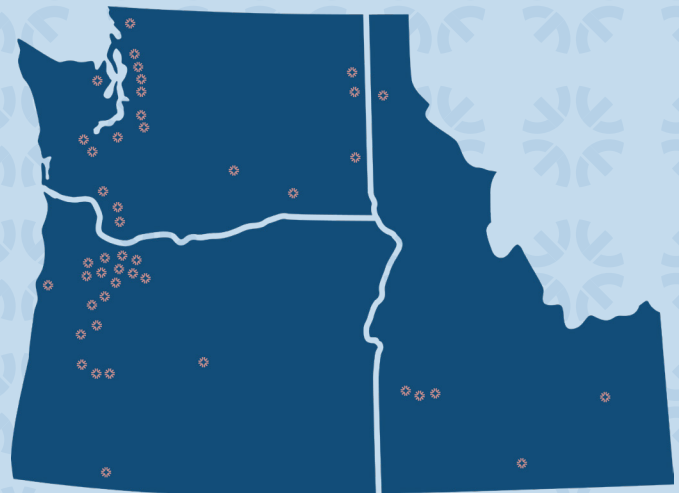


Evidence-based care

Nearly 50 Pacific Northwest locations

As a member, you'll have access to our top quality dental providers across our convenient dental offices across Oregon, Washington, and Idaho.

Learn more about our offices and providers at willamettedental.com, complete with unfiltered patient star ratings and comments.



Exceptional patient experience

9 out of 10 patients say they would recommend Willamette Dental to their family and friends, according to our independent post-appointment surveys from NRC Health.

Questions?

Contact our Member Services team via email at memberservices@willamettedental.com or by phone at 1.855.433.6825.

Offices & Specialty Locations

Visit our website at willamettedental.com

for up-to-date information about our dental offices and providers, including addresses, directions, hours and patient ratings & comments.

Oregon Offices

Albany

2225 Pacific Boulevard. SE,
Suite 201
Albany, OR 97321
General Dentistry

Beaverton

4925 SW Griffith Drive
Beaverton, OR 97005
General Dentistry
Dentures
Orthodontics

Bend

62968 O.B. Riley Road,
Suite 12
Bend, OR 97703
General Dentistry
Orthodontics

Corvallis

2420 NW Professional Drive,
Suite 150
Corvallis, OR 97330
General Dentistry
Orthodontics

Eugene

2703 Delta Oaks Drive,
Suite 300
Eugene, OR 97408
General Dentistry

Gresham

1107 NE Burnside Road
Gresham, OR 97030
General Dentistry

Hillsboro

5935 SE Alexander Street
Hillsboro, OR 97123
General Dentistry

Lincoln City

1105 SE Jetty Avenue,
Suite B
Lincoln City, OR 97367
General Dentistry

Medford

773 Golf View Drive
Medford, OR 97504
General Dentistry
Orthodontics

Milwaukie

6902 SE Lake Road,
Suite 200
Milwaukie, OR 97267
General Dentistry

Portland – Jefferson

1933 SW Jefferson Street
Portland, OR 97201
General Dentistry

Portland – Lents

8931 SE Foster Road,
Portland, OR 97266
General Dentistry
Dentures
Endodontics
Oral Surgery
Orthodontics
Pediatric Dentistry

Portland – Stark 1

13255 SE Stark Street
Portland, OR 97233
General Dentistry
Dentures

Portland – Stark 2

405 SE 133rd Avenue
Portland, OR 97233
General Dentistry

Salem – Lancaster

3490 NE Lancaster Drive
Salem, OR 97305
General Dentistry
Dentures
Endodontics
Oral Surgery
Orthodontics

Salem – Liberty

142 Pembroke Street SE
Salem, OR 97302
General Dentistry

Springfield

2510 Game Farm Road
Springfield, OR 97477
General Dentistry

Springfield Specialty

2530 Game Farm Road
Springfield, OR 97477
Endodontics
Oral Surgery
Orthodontics

Tigard

7095 SW Gonzaga Street
Tigard, OR 97223
General Dentistry
Endodontics
Oral Surgery
Periodontics

Tualatin

17130 SW Upper Boones
Ferry Road
Durham, OR 97224
General Dentistry

Plan coverage also extends if you are referred to an outside dentist or specialist by your Willamette Dental dentist. If referred to an outside dentist or specialist, your copayments remain the same as shown in your Summary of Benefits.

For Appointments or Member Services, please call 1.855.433.6825

Offices & Specialty Locations

Visit our website at willamettedental.com

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Washington Offices

Bellevue

626 120th Avenue NE,
Suite B210
Bellevue, WA 98005

*General Dentistry
Orthodontics*

Bellingham

4164 Meridian Street, Suite 300
Bellingham, WA 98226

*General Dentistry
Endodontics
Orthodontics*

Everett

3216 Norton Avenue
Everett, WA 98201

*General Dentistry
Endodontics
Orthodontics*

Kent

510 Washington Avenue N
Kent, WA 98032

*General Dentistry
Orthodontics*

Longview

1461 Broadway Street, Suite A
Longview, WA 98632

General Dentistry

Mountlake Terrace

6505 216th Street SW, Suite 200
Mountlake Terrace, WA 98043

General Dentistry

Olympia

4550 3rd Avenue SE,
Lacey, WA 98503

*General Dentistry
Dentures
Endodontics
Implants
Orthodontics
Periodontics*

Pullman

1646 S Grand Avenue
Pullman, WA 99163

*General Dentistry
Orthodontics*

Puyallup

702 South Hill Park Drive,
Suite 201
Puyallup, WA 98373

*General Dentistry
Orthodontics*

Richland

1426 Fowler Street
Richland, WA 99352

*General Dentistry
Implants
Endodontics
Orthodontics
Periodontics*

Seattle North

11011 Meridian Avenue North,
Suite 104
Seattle, WA 98133

*General Dentistry
Endodontics
Implants
Orthodontics
Periodontics*

Silverdale

3505 NW Anderson Hill Road,
#101

Silverdale, WA 98383
General Dentistry

Spokane – Northpointe

9717 N Nevada
Spokane, WA 99218

General Dentistry

Spokane Valley

9019 E Mission Avenue
Spokane Valley, WA 99212

*General Dentistry
Endodontics
Orthodontics
Periodontics*

Tacoma

3866 S 74th Street, Suite 200
Tacoma, WA 98406

*General Dentistry
Dentures
Endodontics
Implants
Oral Surgery
Orthodontics
Periodontics*

Tumwater

6120 SE Capitol Blvd.
Tumwater, WA 98501

General Dentistry

Vancouver – Hazel Dell

910 NE 82nd Street
Vancouver, WA 98665

*General Dentistry
Orthodontics*

Vancouver – Mill Plain

9609 E Mill Plain Boulevard.
Vancouver, WA 98664

General Dentistry

Yakima

1200 Chesterly Drive, Ste 230
Yakima, WA 98902

*General Dentistry
Orthodontics*

Idaho Offices

Boise

607 N. Mitchell Street
Boise, ID 83704

*General Dentistry
Implants
Orthodontics*

Coeur d'Alene

943 W Ironwood Drive,
Suite 200
Coeur d'Alene, ID 83814

*General Dentistry
Orthodontics*

Idaho Falls

2860 Valencia Drive
Idaho Falls, ID 83404

*General Dentistry
Orthodontics*

Meridian

1075 S Wells Street
Meridian, ID 83642

*General Dentistry
Endodontics
Orthodontics*

Nampa

16145 N High Desert St
Nampa, ID 83687

General Dentistry

Twin Falls

452 Cheney Drive West,
Suite 150

Twin Falls, ID 83301
*General Dentistry
Endodontics
Orthodontics*

Plan coverage also extends if you are referred to an outside dentist or specialist by your Willamette Dental dentist. If referred to an outside dentist or specialist, your copayments remain the same as shown in your Summary of Benefits.

For Appointments or Member Services, please call 1.855.433.6825



COME SEE US

Scheduling dental appointments

Our local Appointment Center is designed to make scheduling as fast and efficient as possible. Whether you're a new or returning patient, our team is here to help and get you into your local Willamette Dental office.

Appointment Center hours

Our Appointment Center is open to assist you during the following hours: Mon–Fri 7 AM to 5:30 PM PT, Sat 7 AM to 1 PM PT, Closed Sun

Chat with us online or call 855-433-6825 during these hours to schedule your appointment.

Office hours

Most offices are open Mon–Fri, 7 AM to 5:30 PM, and select Saturdays. Hours vary by location.

Wait times vary based on your provider choice and dental office location. We try our best to accommodate you.

Appointment reminders

Stay informed about your upcoming visits with appointment reminders and confirmations. Choose your preferred method of communication: email, text, or phone. Update your preferences during your next appointment.

Change of plans?

We understand that plans can change. That's why easy appointment cancellation is available through your appointment reminders! Cancellations with less than 24 hours' notice, or a missed appointment, may incur a fee of up to \$50. Call or chat to reschedule.

Urgent or emergency care

When a dental emergency arises, we're here to help! In-office emergency appointments are available within 48 hours, and on-call providers are available around-the-clock for urgent needs.

ONLINE APPOINTMENT CHAT

A better appointment scheduling experience

Willamette Dental offers online chat on our website at willamettedental.com for appointment scheduling and related inquiries. Patients can chat with live agents from our Appointment Center to schedule, reschedule, cancel, or ask additional questions about their appointments.

This modern technology option offers convenience and ease to the appointment scheduling experience.

1.855.433.6825 | willamettedental.com

APPOINTMENT CHAT HIGHLIGHTS

Chats are answered by live, local scheduling representatives.



Chat is available during normal appointment center hours.



Chat is best for established patients. New patients and emergencies should call 1-855-433-6825.





Dental cleanings How often do you need them?

IT'S A COMMON QUESTION, WITH A SIMPLE ANSWER – IT'S PERSONAL!

THE RECOMMENDATION

Based on the most recent evidence, Willamette Dental offers treatment plans that customize dental cleaning schedules to the need of each patient.

Risk is determined based on their oral health, diagnosed by comprehensive risk assessments for dental disease.



“The ADA wants to remind consumers that the frequency of their regular dental visits should be tailored by their dentists to accommodate for their current oral health status and health history.”

Did you know?

At Willamette Dental, our insurance plans include as many cleanings as are prescribed by your Willamette Dental dentist – ***whether that’s one time a year or four times a year.***

Most dental insurance plans only cover two cleanings per year. If a high-risk patient needs more than two cleanings, they typically are required to pay full fees out-of-pocket.

THE EVIDENCE

The ideal frequency of professional dental cleanings has been the subject of debate for decades, with a similar conclusion – *dental cleaning frequency should be based on each patient’s personal oral health care situation rather than a tradition based on marketing or perceived value.*

“In adults, there was little to no difference between six-monthly and risk-based check-ups in tooth decay (number of tooth surfaces affected), gum disease and quality of life after four years; and probably little to no difference in how many people had moderate-to-extensive tooth decay.”

Fee PA, Riley P, Worthington HV, Clarkson JE, Boyers D, Beirne PV. Recall intervals for oral health in primary care patients. Cochrane Database of Systematic Reviews 2020, Issue 10. Art. No.: CD004346. DOI: 10.1002/14651858.CD004346.pub5. Accessed 02 December 2020.

“Participants receiving six-monthly and 12-monthly scale and polish treatments reported feeling that their teeth were cleaner than those who were scheduled to receive no treatment. However, there did not seem to be a difference between groups in terms of quality of life.”

Lamont T, Worthington HV, Clarkson JE, Beirne PV. Routine scale and polish for periodontal health in adults. Cochrane Database of Systematic Reviews 2018, Issue 12. Art. No.: CD004625. DOI: 10.1002/14651858.CD004625.pub5

Fun fact!

The tradition of the six-month cleaning schedule all started with a TV commercial in the 1950s for Ipana Toothpaste!

FIVE SIMPLE WAYS

Easing Dental Anxiety

If you ever get nervous just thinking about going to the dentist, you're not alone! Dental anxiety is a common occurrence in the general population. Fortunately, there are many ways to help ease your anxiety around dentistry, check out our five quick tips:



Before your dental appointment, take time to get in the right mindset by doing stretches, and deep controlled breathing.



Try distraction techniques such as listening to your favorite music, podcast, or audiobook and/or use a stress relief ball to release tension. Ask your dental team about stress relieving aids like stress relief balls or headphones that may be available at your office.



Expressing your concerns and fears can help alleviate some of the anxiety that comes with the unknown.



Ask questions. Your dentist can explain each step of the procedure and answer any questions you might have.



Agree on a signal. If at any point you begin to feel discomfort raise your hand for a pause and a quick break.



Partner with us to improve your oral health

PREVENTIVE HABITS THAT HELP AT HOME

Healthy teeth should last a lifetime and proper care doesn't always mean invasive treatments. Follow these quick tips for easy home care to help prevent tooth decay and gum disease.



Brush for two minutes, twice daily with over-the-counter fluoride toothpaste or, if prescribed, a prescription strength fluoride toothpaste.



Floss daily to reduce plaque and tartar build-up.



Rinse with one cap full of antibacterial fluoride mouth rinse every morning and night. If you're prescribed a prescription strength rinse, please use as directed by your dentist.



Reduce sugary, acidic and carbohydrate-rich snacks like candy, cookies, juice, and soda. Whenever possible, eat foods rich in protein, like cheese and nuts.



Chew gum sweetened with xylitol, not sugar. Xylitol is a natural sugar that helps fight bacteria by making it easier to brush plaque off of your teeth.



Parents - be sure to keep your kids on track too! Daily oral hygiene is an important habit to teach your children from the start. Brush their teeth twice a day and floss once daily as soon as teeth start touching.

Practicing daily oral hygiene at home, and partnering with your dentist keeps your body healthier. As always, Willamette Dental is here for you should the need arise. Our offices are open Monday through Friday 7am - 5:30pm, select Saturdays 7am - 1pm and we're available by phone 24/7 for dental emergencies.



Exploring the link between oral health & mental well-being

WHOLE-BODY WELLNESS

Oral health and mental health are often considered separate aspects of overall well-being. In reality, they are deeply interconnected. Poor oral health can contribute to mental distress, while mental health struggles can negatively impact oral hygiene. Understanding this relationship is crucial for developing a holistic approach to healthcare.

How oral health impacts mental health

Neglecting oral hygiene can lead to a range of physical and emotional challenges.

- Issues like gum disease, tooth decay, and chronic bad breath can lower self-esteem and increase anxiety.
- Individuals with visible dental problems may feel embarrassed or self-conscious, leading to social isolation or reluctance to engage in professional or personal interactions.
- Persistent pain from untreated dental conditions can contribute to stress, depression, and overall emotional exhaustion.

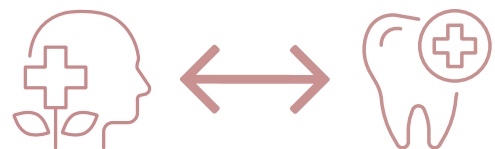
Research also suggests a biological link between oral health and mental health*.

- Chronic oral infections can cause inflammation in the body, which has been associated with mood disorders, including depression and anxiety.
- Stress associated with poor dental health can lead to behaviors such as teeth grinding or clenching, worsening both oral and mental health symptoms.

How mental health impacts oral health

Mental health disorders can also play a role in deteriorating oral hygiene.

- Conditions like depression and anxiety often reduce motivation for daily self-care, including brushing and flossing.
- High levels of stress can result in behaviors such as nail biting, smoking, or excessive alcohol consumption, all of which harm oral health.
- Medications used to manage mental health conditions—such as antidepressants or antipsychotics—can have side effects like dry mouth, increasing the risk of cavities and gum disease.
- Eating disorders like bulimia directly harm teeth by exposing them to stomach acid, eroding enamel and causing sensitivity.



The importance of a holistic approach

Recognizing the link between oral and mental health emphasizes the importance of integrated healthcare. Willamette Dental's unique dental solution is focused on the long-term health of our patients. We offer a comprehensive range of dental services from preventative care and restorative treatments, such as fillings and crowns, to specialty services including prosthetics, orthodontics and implants. We partner with our patients to share knowledge about practicing healthy oral habits and develop personalized dental care plans, based on individual health factors and oral conditions.

Taking steps such as regular dental checkups, practicing mindfulness, and seeking support for mental health challenges can go a long way in maintaining both a healthy smile and a balanced mind.

Learn more about Willamette Dental's unique approach to oral healthcare at willamettedental.com



Orthodontic treatment for the *entire family*

As part of your Willamette Dental plan option, orthodontic treatment benefits are available for adults and children. With no waiting periods & a predictable, low copay, you and your family have access to affordable orthodontic care.

Willamette Dental Group, P.C., is committed to providing the quality care necessary for orthodontic treatment. Our licensed Orthodontists meet and maintain high credentialing standards and practice a proactive approach to dentistry, which means you will receive the most appropriate care based on your individual needs. In order to receive these benefits, all treatment must be provided by Willamette Dental providers.

In addition to standard braces, Willamette Dental offers Invisalign® treatment as an option for our patients at an additional cost. The suitability of Invisalign treatment for each patient is determined by their Willamette Dental orthodontist based on several factors including alignment goals, patient cooperation and current oral health.

With a one-time copayment plus your office visit copay at each visit, affordable orthodontic care is within reach!

Oregon office locations with orthodontic services

- Beaverton
- Bend
- Corvallis
- Medford
- Portland Lents
- Salem Lancaster
- Springfield Specialty

Questions: 855.433.6825



Orthodontic treatment for the *entire family*

GETTING STARTED

Each patient must first receive an initial evaluation from a Willamette Dental general dentist to determine if the patient is a candidate for orthodontic treatment. Call 1.855.433.6825 to schedule this appointment.

After you receive a referral from a Willamette Dental general dentist, you'll schedule an appointment with a Willamette Dental orthodontist for your pre-orthodontic consultation.

This consultation includes an initial exam, as well as X-rays, study models and an extensive oral evaluation. The cost for this service is a total of \$150. These non-refundable copays are credited toward the total copays if you proceed with orthodontia treatment.

For more information about our orthodontic services, call 1.855.433.6825 to speak to a Member Services representative.

Pre-orthodontia consultation copays

Initial Orthodontic Exam: \$25
Study Models and X-rays: \$125
Case Presentation: \$0

These non-refundable, pre-orthodontia consultation copays are credited toward the patient's cost of treatment if the patient proceeds with treatment.

Orthodontic copayment

Copayments up to \$1,500* are due at the time of banding. The remaining copay balance, if any, may be eligible for a payment plan.

**Invisalign treatment has additional charges.*

Pre-ortho appointment process



Referral

Meet with WD general dentist & pay office visit copay

Records appt

Meet with WD orthodontist, pay office visit copay + \$25 initial ortho exam copay

Case analysis

Take x-rays and impressions for study models, pay office visit copay + \$125 study models and x-rays copay

Treatment plan presentation

Treatment plan presentation & pay office visit copay

Orthodontic banding

Orthodontic banding, pay office visit copay + ortho copay (minus \$150 pre-ortho copay credit)