FAQs

Have questions about oral health, our dental services, or how your Bupa membership works with Bupa Members First Network dental clinics? We have answered some frequently asked questions for you below:

How often should I visit my dentist?
Everyone’s needs are different, so have a chat to your dentist about how often you need to have your teeth checked by them based on the condition of your mouth, teeth and gums. It’s recommended that children see their dentist at least once a year.

Generally, your dentist may suggest six-monthly check-ups, or even more frequently if you are at a greater risk for gum disease or cavities. High-risk factors can include having diabetes, being a smoker, or a family history of dental problems such as plaque build-up and decay.

How do I know if my teeth are healthy?
Some problems won’t be noticeable to you at home, which is why it’s important to get regular check-ups (this is doubly true if you have a history of decay). For instance, gum disease often develops without people noticing and they may only act on it when they experience bleeding gums or severe discomfort.

There are some warning signs that you can spot yourself. Look out for:
• gums that are swollen, tender, bleed when you brush or floss, or appear red (gums should be a pale pink colour)
• oral pain, especially while chewing
• persistent bad breath
• loose teeth
• consistent bad taste in mouth
• teeth that are unusually sensitive to temperature.

If you notice any of these signs, contact your local Bupa Dental practice to schedule an appointment.

What does my health insurance cover?
All health insurance policies are different and coverage for dental services can vary, so we recommend that you speak with your health insurance provider for details.

Bupa members with extras cover are covered for 60% - 100% back on most dental items (yearly limits apply)*.

Bupa members, if you’d like to find out more about how you’re covered for your next dental treatment, call 134 135 or visit your local Bupa Centre.

*For most items at all Members First extras providers covering dental. Excludes orthodontics and hospital treatments. Fund and policy rules and waiting periods apply.

How do I found out more about my cover?
Revisit your level of cover and associated benefits by getting in touch with your local Bupa centre. You can also visit us online at bupa.com.au, give us a call on 134 135 or download the myBupa app.

Visit us at dental.bupa.com.au