

Healthy Smile, Healthy You®

A healthy mouth creates more than just a beautiful smile.

In the past, a trip to the dentist simply ensured a bright, shiny, cavity-free smile. Now, researchers are continuing to find evidence that suggests good oral health can positively impact many medical conditions.¹ This means regular dental checkups may improve whole body health, which may also translate into lower out-of-pocket costs for members.

A healthy smile can mean a healthier you.

As part of your dental benefits package, *Healthy Smile, Healthy You* offers additional benefits for four important health conditions connected to oral health:

- Pregnancy
- Diabetes
- Certain high-risk cardiac conditions
- Cancer being treated via radiation and/or chemotherapy

Why the program is important

According to the American Academy of Periodontology, pregnant women with periodontal disease may be seven times more likely to have a baby that's born too early or too small. For those with diabetes, research shows that increased sugar levels have a negative impact on oral health, and those with periodontal disease find it far more difficult to control sugar levels.² Individuals with certain heart conditions can be impacted by gum disease and infections, such as oral bacteria infecting their hearts.³ Radiation and/or chemotherapy treatments for cancer patients can have direct effects on salivary glands and oral tissues, which, if not treated, can lead to a higher risk of developing cavities, oral pain and infections.⁴

Who is eligible?

Members who have one of these conditions can enroll in the program to become eligible for one additional

cleaning and exam* beyond the ordinary limit per benefit period. For pregnant members, the additional service will be during the term of their pregnancy. Cancer patients will also be eligible for an additional fluoride application beyond the age limit specified by their group contract.

Get started improving your oral health today.

It's easy to enroll in *Healthy Smile, Healthy You*. Enrollment forms can be printed from DeltaDentalVA.com. Once the form is received by Delta Dental, enrollment is complete and you can talk to your dentist about scheduling your additional visit.

To learn more about this program, or other benefits features available from Delta Dental, log into DeltaDentalVA.com or call customer service at 800.237.6060.

¹Steven L. Bricker, Robert P. Langlais, and Craig S. Miller, *Oral Diagnosis, Oral Medicine and Treatment Planning* (Philadelphia: Lea & Febiger, 1994).

²"Gum Disease and Heart Disease", *American Academy of Periodontology*, www.perio.org/consumer/heart_disease, accessed 7/2016.

³*Oral Health in America: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes of Health, 2000

⁴"Oral Cancer Facts", *Oral Cancer Foundation, Inc.*, <http://oralcancerfoundation.org/facts>, accessed 7/2016.

*Members may be eligible for a periodontal maintenance procedure if the employee has a history of definitive periodontal treatment, such as surgery.

NOTE: *Healthy Smile, Healthy You* is included as a standard feature for all fully insured groups with Delta Dental PPO™ and/or Delta Dental Premier® coverage. ASO groups with Delta Dental PPO and/or Premier coverage may choose to include *Healthy Smile, Healthy You* as an optional feature. *DeltaCare®* enrollees are not eligible for *Healthy Smile, Healthy You*.