Visit the dentist and put a smile in your wallet

Taking care of your teeth and gums is a basic good health habit. Regular dental checkups can save you money by catching issues early, before they become costly. That's money in your hand.

What is preventive dental care?

Preventive care is what you and your dentist do to keep your teeth and gums healthy. The health of your teeth and gums affects the way you speak, chew and swallow.

You can prevent dental cavities and gum disease by brushing twice a day, flossing daily and visiting your dentist for regular cleanings and checkups.

See your dentist at least every year. Work with your dentist to start lifelong habits that will reduce the inflammation in your mouth.

When you prevent inflammation in your mouth, you help prevent inflammation in the rest of your body. Inflammation anywhere in your body increases your risks for serious chronic diseases, such as heart disease and diabetes.

In addition, healthy gums and teeth can help you stay healthy overall. See your dentist regularly to prevent dental diseases and you'll also work to prevent other diseases, like diabetes, from forming.

How can preventive care save you money?

Reports show that for every dollar spent on preventive care, you can save between $4 and $50 in restorative care.* Good self-care and regular checkups help reduce the need for expensive dental work down the road or emergency room visits for painful toothaches and other issues.

Questions?

We're here to help. Call us toll-free at 877-277-7280. TTY users, please call 711.

moda HEALTH

△ **DELTA DENTAL**

Delta Dental of Oregon & Alaska

"Ways to take a bite out of your dental bills," University of Rochester Medical Center.

❯ Preventive dental care

Oral Health, Total Health*

Our Oral Health, Total Health program offers special preventive benefits to people with diabetes and pregnant women in their third trimester.

Diabetes increases the risk of cavities, gum disease, tooth loss, dry mouth and infection. Members who have diabetes can get four dental cleanings or gum maintenance sessions per year to help maintain a healthy mouth.

Pregnant women who have gum disease are more likely to have a premature or underweight baby. The Oral Health, Total Health program allows pregnant women to receive a dental cleaning during their third trimester, regardless of their normal plan benefits.

Dental decay is a disease that can be passed from parent to child. If you're a parent, you need good dental health habits to prevent bad bacteria from being passed to your baby. Keep your child's smile bright!

For a list of dental providers, visit modahealth.com and select "Find Care."

Keep track of your oral health

As part of your dental plan, you have access to Dental Optimizer™, a set of online tools that let you easily track your dental health. Just log in to myModa and choose Dental Optimizer.

Dental Optimizer can help you:

> Assess your personal risk for cavities and gum disease
> Find the latest and most effective treatments
> Lower your out-of-pocket costs
> Use a calculator to find treatment costs

You also can store dental health information and share it with caregivers. That way, all of your doctors can work together to keep you feeling your best.

*Not available with all plans.
Please check your Member Handbook
for your specific plan benefits.

modahealth.com