



# Can Healthy Gums Protect Your Whole Body?

Yes, and Florida Blue is Offering More Benefits to You

Dental health can influence conditions such as diabetes, oral cancer, coronary artery disease, low birth weight and premature babies. A relationship exists between a healthy mouth and overall good health. That means it's important for you to get regular preventive dental care to help maintain your good oral health and overall health. The condition-specific benefits of our Oral Health for Overall Health program include:

- Delivering an oral health education campaign to members, providers and employers.
- Providing condition-specific education to members explaining the effects diabetes, heart disease, oral cancer and pregnancy can have on oral health and overall health.
- Working with members who are not actively maintaining their oral health, through focused communication that encourages members to see their dentist.
- Removing financial barriers through Enhanced Dental Benefits, a program that provides at-risk members with condition-specific benefits beyond their dental benefits.
  - No copayments or coinsurance
  - No deductible
  - Additional benefits that are covered outside the annual maximum

## Consider the research

A two-year study by the Columbia University College of Dental Medicine found that you can reduce annual medical costs with early periodontal treatment by:

- 9% for patients with diabetes.
- 16% for patients with heart disease.

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In the pursuit of health®

Florida Blue is committed to you and your overall health, as well as your oral health. That commitment means providing additional condition-specific benefits to at-risk members, and reaching out to participating program members for continued encouragement toward optimum oral health.

## Enhanced Dental Benefits

BlueDental PPO members who have oral cancer, diabetes, coronary artery disease or are pregnant, may be qualified to enroll in our Oral Health for Overall Health program. Visit [www.floridabluedental.com](http://www.floridabluedental.com) to see if you qualify for this program and/or to enroll. Enhanced benefits are paid at 100% and are not subject to deductibles, coinsurance or calendar-year maximums when performed by a participating or preferred dental provider.

Enhanced Dental Benefits	Cleaning or Periodontal Maintenance* Visit Every 3 Months	Periodontal Scaling* Once Per Quadrant Every 24 Months	Prediagnostic Oral Cancer Screening Every 6 Months	Fluoride Treatment Every 3 Months
Diabetes	✓	✓		
Coronary Artery Disease	✓	✓		
Pregnancy	✓	✓		
Oral Cancer**	✓		✓	✓

\* Periodontal maintenance and scaling (as needed) is available with plans that offer periodontal benefits and subject to any waiting period that may apply.

\*\* Oral cancer benefit available for members who have had a previous diagnosis of oral cancer.

### You can avoid major health issues by focusing on good dental care.

#### Coronary Artery Disease

Researchers have found that people with periodontal or gum disease are almost twice as likely to have coronary artery disease. There are several theories of how this happens. When bacteria from the mouth enters the blood vessels, they attach to fatty proteins, which may lead to blood clots and plaque build-up. Inflammation caused by periodontal disease could also increase plaque build-up, which may cause arteries to narrow and harden. Gum disease can also worsen, aggravate or intensify existing heart conditions.

#### Diabetes

The relationship between periodontal disease and diabetes goes both ways. Those with diabetes are more susceptible to periodontal disease, and periodontal

disease may increase blood-sugar levels and complications for those with diabetes. Periodontal disease may also increase the progression of pre-diabetes and can increase insulin resistance and disrupt glycemic control.

#### Low Birth Weight and Premature Birth

Pregnant women may have red, tender gums that are likely to bleed. This condition is known as pregnancy gingivitis and occurs when rising hormone levels make the gums more sensitive to plaque – the sticky film of bacteria that forms on teeth. This inflammation may increase the likelihood of a woman having a premature, low birth weight baby.

#### Oral Cancer

A history of oral cancer can put you at risk for developing new primary lesions. Additional benefits will help dentists identify suspicious oral lesions early

for possible treatment, as well as treat the side effects of previous oral cancer treatment.

To learn more about your dental insurance plan, you may:

- Visit us anytime online at [www.floridabluedental.com](http://www.floridabluedental.com).
- Call 1-888-223-4892 Monday through Friday 8 a.m. - 8 p.m.
- Or stop by your local Florida Blue Center—for locations, visit [www.floridabluecenters.com](http://www.floridabluecenters.com).

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This is not an insurance policy and only the actual provisions of an issued policy control. Florida Combined Life's policies set forth the rights and obligations of covered persons and Florida Combined Life. Please be aware that additional limitations and exclusions may apply, and certain coverage may reduce or terminate due to age or lack of eligibility. If you enroll for coverage, you will be furnished with a policy or certificate of insurance. Please read your insurance documents carefully.

BlueDental plans are offered through Florida Combined Life Insurance Company, Inc., an affiliate of Florida Blue. Both companies are Independent Licensees of the Blue Cross and Blue Shield Association.