



## Children's Dental Health: The Importance of Sealants

Your dentist can help protect your child's teeth from cavities with an invisible plastic coating called a dental sealant. The American Dental Association and the American Academy of Pediatric Dentistry recommend sealants to combat tooth decay.

A recent study by Delta Dental that tracked half a million children over four years, showed that 7-15 year old children that receive sealants have 85% fewer fillings, compared to same age children that do not receive sealants.

Sealants work by creating a physical barrier that prevents cavity causing bacteria from forming. A sealant is a liquid plastic that flows into the pits and fissures and then hardens. Sealants not only protect healthy teeth, but can actually stop decay in its beginning stages, preventing future cavities.

Sealants are most effective when applied soon after a permanent tooth comes in. This means that six to seven year old children (first permanent molars), and 11 to 13 year old children (second permanent molars), are ideal candidates for sealants.

Your Delta Dental program covers sealants as part of Henrico County Government and Public Schools' commitment to better oral and overall health. The High Option dental plan covers sealants of non-restored 1<sup>st</sup> and 2<sup>nd</sup> permanent molars for dependents under age 16 at no cost to you when you see a participating Delta Dental provider. If you see a non-participating provider, or you are enrolled in the Low Option or DeltaCare plan, sealants are still covered, but you will be responsible for a portion of the cost.

Please refer to your benefits booklet for more detailed benefit information, or contact Delta Dental of Virginia at 800.237.6060 to speak with a Benefit Services Representative.

Sealants are health and cost effective. And there's no drilling!

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