

# Healthy Smile, Healthy You

## A healthy mouth creates more than just a beautiful, healthy smile

In years 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. This means regular dental checkups can improve whole body health, which can translate into lower overall medical costs for companies and their employees.

### A Healthy Smile can mean a Healthy You

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

- ▲ **Pregnancy**
- ▲ **Diabetes**
- ▲ **Certain High Risk Cardiac Conditions**

### What it means for you and your employees

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.

Individuals with certain heart conditions can be impacted by gum disease and infections, such as oral bacteria infecting their hearts.

### 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.

### Get started improving your employees' oral health today

It's easy to enroll in *Healthy Smile, Healthy You*. Simple, one page enrollment forms can be printed from our website at [deltadentalva.com](http://deltadentalva.com). Once the form is received, enrollment is complete and the enrollee can talk to their dentist about scheduling their additional visit.

For more information about *Healthy Smile, Healthy You*, or other benefits features available from Delta Dental, please refer to the member handbook included with your contract.

**“Don't underestimate the importance of regular dental checkups, especially for diabetics, pregnant women and those with heart conditions,”**

**Dr. George Koumaras**  
Dental Director  
Delta Dental of Virginia

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**More than just a healthy smile...**

A dental exam can reveal early symptoms of over 100 diseases, as well as identify gum disease, which can have a negative effect on the body's overall health.

\*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*.