DELTA DENTAL®



Healthy Smile, Healthy You

CAN A HEALTHY MOUTH HELP CREATE A HEALTHY BODY?

Research suggests that positive oral health habits may impact many medical conditions.[1] So it's important to brush and floss every day and to visit the dentist regularly. Delta Dental of Virginia wants you to be your healthiest self, so we created *Healthy Smile, Healthy You*® to give enrolled members additional dental benefits when they have one of the following health conditions:

DIABETES

Gum disease is more common and may be more severe in individuals with diabetes. For those with both diabetes and gum disease, managing blood sugar levels can be more challenging. This is because infections associated with gum disease may cause blood sugar levels to rise.[2]

PREGNANCY†

Pregnant women with gum disease may be more likely to have a baby born prematurely or underweight than pregnant women without gum disease.[3] Morning sickness may also cause tooth erosion due to increased acid from vomiting. Research also shows that women with high levels of tooth decay-causing bacteria may pass that onto their newborns, increasing their babies' risk for early childhood cavities.[4]

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Healthy Smile, Healthy You (continued)

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HIGH-RISK CARDIAC CONDITIONS



Cardiovascular disease impacts many Americans. People with gum disease may also have a higher risk for heart disease. Gum disease may make it more difficult to manage existing heart conditions.[5]

CANCER TREATMENT†



Radiation and chemotherapy directly affect salivary glands and oral tissues and may increase the risk of oral pain, infections and cavities.[6] Treatment side effects may be reduced with diligent oral care and the participation of a dental team during cancer treatment.

WEAKENED IMMUNE SYSTEM†



Fighting off germs is crucial to reducing infections and staying healthy. So, it's important to maintain good oral health habits if you have a weakened immune system. Brushing and flossing may help reduce the risk of expensive dental treatments while helping reduce infection risks.[7]

KIDNEY DISEASE†



If you have kidney disease, you may need to take extra care of your teeth and gums. That's because you may be at risk for certain mouth problems, such as dry mouth. For those who have had a kidney transplant and need to take anti-rejection medicine that suppresses your immune system, you may have additional side effects that appear in the mouth, such as sores in the lining of the mouth, dry mouth and enlarged gums.[8]

If you have one of these medical conditions, *Healthy Smile, Healthy You*® allows for an additional cleaning and exam* beyond your plan limit, per benefit period. *Healthy Smile, Healthy You* is included in your dental plan. For questions about the program, call benefit services at 800.237.6060.

Download the Healthy Smile, Healthy You enrollment form at DeltaDentalVA.com/members to get started. Once you submit the form to Delta Dental, you can schedule an appointment with your dentist to receive your additional dental benefits.

*Members are also eligible for fluoride applications beyond the age limitation of your group contract. †You may be eligible for an additional periodontal maintenance procedure if you have a history of periodontal treatment, such as surgery. You may also be eligible for sealants beyond the age limitations of the group contract. [1]U.S. Surgeon General Report on Oral Health 2000 – Chapter 3 – Diseases and Disorders. [2]"Oral health is about more than your mouth," www.deltadental.com/us/en/protect-my-smile/overall-health/oral-health-is-about-more-than-your-mouth.html, accessed 2023. [3]"Pregnancy and oral health," DDPA, www.deltadental.com/us/en/protect-my-smile/life-stages/pregnancy/pregnancy-oral-health.html, accessed 2023. [4]American College of Obstetrics and Gynecology (ACOG), "Oral Health Care During Pregnancy and Through the Lifespan" Number 569, August 2013, (updated 2022). [5]"Gum Disease and Other Systemic Diseases, www.perio.org/consumer/heart_disease, accessed 2023. [6]"What is dry mouth," Delta Dental Plans Association, www.deltadental.com/us/en/protect-my-smile/oral-health-conditions/dry-mouth.html, accessed 2023. [7]"Dental advice if you have kidney disease," www.deltadental.com/us/en/protect-my-smile/overall-health/dental-advice-kidney-disease.html [8]"Oral yeast infections (candidiasis)," www.deltadental.com/us/en/protect-my-smile/oral-health-conditions/oral-yeast-infection-candidiasis.html.

DELTA DENTAL®

Healthy Smile, Healthy You Enrollment

ENROLLING IS EASY

Complete the form and mail, fax or email:

Delta Dental of Virginia
ATTN: *Healthy Smile, Healthy You*®
5415 Airport Road
Roanoke, VA 24012

Email: billing@deltadentalva.com
Fax: 540.776.8109

You will be enrolled when your completed form is processed. *Healthy Smile, Healthy You* is available for members enrolled in a dental plan that includes this program. Contact your benefits representative to find out if this benefit is available for you. For questions about this program, call 800.237.6060.

To be completed by enrollee (check the box next to the condition(s) that apply)

Enrollee name	Enrollee email address	Subscriber name (if different from enrollee)
Subscriber ID number	Group number	Group name
Enrollee signature		Date
☐ Diabetes		Date diagnosed
☐ Pregnant		Date due
☐ High-risk cardiac conditions A history of infective endocarditis, or an artificial heart valve, pulmonary shunts, conduits, or mitral or aortic valve prolapse and/or stenosis, or hypertrophic cardiomyopathy, or heart valve defects caused by acquired conditions, or certain congenital heart defects (such as having one ventricle instead of the normal two).		Date diagnosed
☐ Cancer treatment delivered via radiation and/or chemotherapy		Date treatment began
☐ Weakened immune systems		Date diagnosed
☐ Kidney failure or dialysis		Date diagnosed
Physician name		