



**Connecting you to a world
of quality dental care**

**United
Healthcare**

Preventive care is key— our plans make it a priority

Taking care of your oral health with regular dental visits plays a key role in your overall well-being. Your plan covers preventive care services from network providers, so you can make your health a priority.

Preventive services are covered at 100%, when you see a network dentist, and include:

2 routine checkups in a 12-month period— 1 every 6 months

- Includes cleanings
- Some plans cover more cleanings for an additional copay

Annual oral cancer screenings for adults

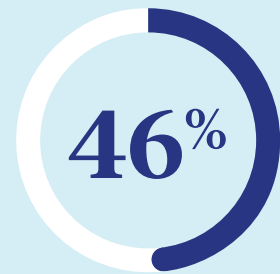
Screenings may include:

- Light contrast screening—a test that uses light to help your dentist find healthy and unhealthy tissue
- Brush biopsy—a tissue sample taken from a suspicious area

Post oral surgery

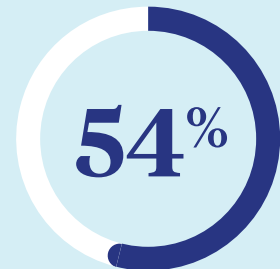
To help reduce the risk of opioid complications:

- Follow federal guidelines if opioids are recommended
- Tell your dentist about other medications you may be taking



**of U.S. adults over age 30
show signs of gum disease¹**

Take advantage of your dental plan to help keep your gums in check.



**of oral health professionals
wrote opioid prescriptions
to adolescents, often after
wisdom teeth removal²**

Ask your dentist if there are any alternatives to taking opioids.



Quality dental care made easier

Help your kids start good habits early³

- When your child's teeth first appear, brush them twice daily with a soft toothbrush or wipe with a washcloth or soft gauze
- Make the first dental appointment at age 1
- At age 3, add a pea-sized dab of fluoride toothpaste and continue to brush their teeth twice a day
- Floss when teeth start touching
- Limit sugary snacks and drinks
- Provide meals from the 5 basic food groups
- Take your child to the dentist regularly and ask about sealants and fluoride supplements

Regular screenings may help reduce risks

Diabetes

People with diabetes have a weakened immune system, which may make it harder to keep bacteria from causing gum disease and raising blood glucose levels.⁴

Heart disease

Gum disease allows bacteria to get into the bloodstream, increasing the risk for heart attack and stroke.⁵

Respiratory conditions

Gum disease bacteria can be inhaled and may increase the risk of pneumonia and infections.⁶

Rheumatoid arthritis

Gum disease can increase the severity of arthritis.⁵

Discover the mouth-body connection



Your mouth reflects your overall health



Your dentist can detect signs of disease



Infections in your mouth can affect your entire body

Know the warning signs

Gum disease is a painless condition, and many people don't realize they have it. When your gums are infected, bacteria and toxins enter your bloodstream, which may worsen other health conditions. If you experience any of the following, see your dentist immediately:

- ✓ Red, swollen or tender gums
- ✓ Gums that bleed when you brush
- ✓ Bad breath
- ✓ Loose teeth
- ✓ Changes in how teeth fit together

#1 chronic infectious disease affecting children is tooth decay⁷

1 in 5 cases of total tooth loss is linked to diabetes⁸

4x higher risk of stroke for people with severe gum disease⁹

Learn more

Once enrolled, view benefits and cost tools at myuhc.com[®]

United Healthcare

¹ Centers for Disease Control and Prevention. Adult Oral Health. cdc.gov/oralhealth/basics/adult-oral-health/index.html. Last Reviewed: December 22, 2020. Accessed October 5, 2023.

² UnitedHealthcare pharmacy claims analysis representing more than 3 million claims, 2019. Access October 5, 2023.

³ American Dental Association. Dental care tips for mom and baby. ada.org/en/~media/MouthHealthy/Files/Alliance%20Prenatal%20Materials/Handout_English. Accessed October 3, 2023.

⁴ Front Endocrinol (Lausanne). 2020; 11: 536. Published online 2020 Aug 7. doi: 10.3389/fendo.2020.00536. PMID: PMC7438828. PMID: 32903738. Current Knowledge Regarding the Interaction Between Oral Bone Metabolic Disorders and Diabetes Mellitus.

⁵ Journal of Dental Research, Periodontal Inflammation Primes the Systemic Innate Immune Response. N. Fine, J.W. Chadwick, C. Sun, et al. doi.org/10.1177/0022034520963710. First Published October 20, 2020.

⁶ Pub-Med, J Periodontol. 2018 Apr;89(4):440-455. doi: 10.1902/jop.2017.170363. Association between asthma and periodontal disease: A systematic review and meta-analysis. Vittorio Moraschini 1, José de Albuquerque Calasans-Maia 2, Monica Diuana Calasans-Maia 3. Accessed October 3, 2023.

⁷ Centers for Disease Control and Prevention. Children's Oral Health. cdc.gov/oralhealth/basics/childrens-oral-health/index.html. Accessed April 6, 2022.

⁸ MouthHealthy. American Dental Association. 5 ways diabetes can affect your mouth. mouthhealthy.org/en/diabetes-slideshow. Accessed October 4, 2023.

⁹ Grau, Armin J. et al. "Periodontal Disease as a Risk Factor for Ischemic Stroke." Stroke. 2004. stroke.ahajournals.org/content/35/2/496.full. Accessed October 4, 2023.

The information provided is for educational purposes only. If you have a UnitedHealthcare Dental plan, please refer to your certificate of coverage for a full description of benefits.

This policy has exclusions, limitations, reduction of benefits and terms under which the policy may be continued in force or discontinued. For costs and complete coverage details, contact the company.

UnitedHealthcare dental coverage underwritten by UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Dental Benefit Providers, Inc., Dental Benefit Administrative Services (CA only), DBP Services (NY only), United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number DPOL.06.TX, DPOL.12.TX, DPOL.12.TX (Rev. 9/16) and DPOL.18.TX and associated COC form numbers DCOC.CER.06, DCOC.CER.IND.12.TX, DCERT.IND.12.TX and DCOC.18.TX. Plans sold in Virginia use policy form number DPOL.06.VA with associated COC form number DCOC.CER.06.VA, policy form number DPOL.12.VA with associated COC form number DCOC.CER.12.VA or policy form number DPOL.18.VA with associated COC form number DCOC.18.VA.

This policy DOES NOT include coverage of pediatric dental services as required under federal law. Coverage of pediatric dental services is available for purchase in the State of Colorado, and can be purchased as a standalone plan or as a covered benefit in another health plan. Please contact your insurance carrier, agent or Connect for Health Colorado to purchase either a plan that includes pediatric dental coverage, or an Exchange-qualified standalone dental plan that includes pediatric dental coverage.

UnitedHealthcare dental coverage is underwritten by UnitedHealthcare Insurance Company, located in Hartford, Connecticut or its affiliates. Administrative services provided by Dental Benefit Providers, Inc., United HealthCare Services, Inc. or their affiliates.

The Exclusive Network Dental Plan in Georgia is underwritten by UnitedHealthcare of Georgia, Inc. Administrative services provided by Dental Benefit Provider, Inc., United HealthCare Services, Inc. or their affiliates.

The Exclusive Network Dental Plan in Ohio is underwritten by UnitedHealthcare of Ohio, Inc. Administrative services provided by Dental Benefit Provider, Inc., United HealthCare Services, Inc. or their affiliates.

The New York Exclusive Network Dental Plan is underwritten by UnitedHealthcare Insurance Company of New York located in Islandia, New York. Administrative services provided by DBP Services.

The Texas Exclusive Network Dental Plan from UnitedHealthcare is offered by National Pacific Dental, Inc. Benefits for the UnitedHealthcare dental DHMO plans are offered by National Pacific Dental, Inc. National Pacific Dental, Inc. is wholly owned by Dental Benefit Providers, Inc., a UnitedHealth Group company. Plans sold in Texas use contract form number DHMO.CNT.11.TX or DCNT.DHMO.19.TX and associated EOC form number DHMO.EOC.11.TX, DHMO.EOC.16.TX or DEO.DHMO.19.TX.