



# Be your best

## Aetna Dental/Medical Integration<sup>SM</sup> enhanced benefits program\*

### Stay healthy with enhanced dental benefits

Studies show that treating gum disease can lessen the severity of some serious medical conditions and may reduce the risk of complications.<sup>1</sup>



We want to make sure you have the information you need to make informed decisions about your health care. If you're pregnant or have diabetes or heart disease, your dental plan will automatically cover an extra cleaning or visit to a dentist to treat gum disease.

**If you have one of these conditions and would like to enroll in these enhanced benefits, call us at 1-877-238-6200 (TTY: 711), Monday through Friday, 8 AM–6 PM ET. A dental care coordinator will be happy to assist you.**

\*May not be available in all states.

<sup>1</sup>American Academy of Periodontology. Periodontal disease and systemic health. Available at: [Perio.org/consumer/gum-disease-and-other-diseases](https://www.perio.org/consumer/gum-disease-and-other-diseases). Accessed April 19, 2021.

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# A visit to the dentist can make a difference

The American Dental Association says that regular dental checkups help keep your mouth healthy. We encourage you to use your Aetna Dental® benefits and insurance to help keep you as healthy as possible. To see which dental expenses are covered by your plan, see your plan summary.

It's recommended that you see a dentist if you have:

- Bleeding gums
- Gums that look like they are receding
- Bad breath all the time
- Loose or shifting teeth



Periodontal disease has been linked to heart disease, diabetes and preterm birth.<sup>2</sup>

<sup>2</sup>American Academy of Periodontology. Gum disease information. Available at: [Perio.org/consumer/gum-disease.htm](https://perio.org/consumer/gum-disease.htm). Accessed April 19, 2021.

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**Policy forms issued in Oklahoma include:** GR-9N, GR-23 and/or GR-29N.

**Policy forms issued in Missouri include:** AL HGrpPol-Dental 01.

**Policy forms issued in Idaho include:** GR-9/GR-9N, GR-23, GR-29/GR-29N, AL HGrpPol-Dental 01.

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