



BenefitSmart

Preventive Dental Care is Something to Smile About

Preventive dental care is about so much more than clean teeth. It saves you money and identifies oral health risks early. The health of your teeth and gums is also linked to the health of the rest of your body, which makes dental care essential to your overall healthcare routine.

Preventive care is an important part of good dental care, which includes:

- Visiting your dental care provider twice a year
- Brushing and flossing daily
- Eating a healthy diet that includes vitamin A (sweet potatoes, spinach, tuna) and vitamin C (oranges, broccoli, red peppers)

The Cost and Value

When you have dental insurance coverage, the cost is minimal or free to you, and the value is great.

Most dental plans cover preventive care from in-network providers at 100%. DHMO plans may cover it for a small copay. Every plan is different, but preventive care benefits often include cleanings and exams twice a year, plus x-rays and fluoride treatments with certain limits.

You're saving money and getting valuable services just by taking advantage of your preventive care benefits—but the value goes far beyond that. These dental check-ups help you catch cavities, gum disease and other issues early, when they're easier and less expensive to treat.

Relationship Between Oral Health and General Health

According to the Academy of General Dentistry, there is a relationship between gum disease and health complications such as a stroke and heart disease. Other research shows that more than 90% of all systemic diseases, such as diabetes, heart disease, kidney disease and some cancers, have symptoms that show up in the mouth, including swollen gums, mouth ulcers, dry mouth and excessive gum problems.

Your dentist may be able to see early indicators of a larger health issue. If you do have a disease or health complication that impacts your teeth and gums, your dentist can help treat those issues as an integral part of your healthcare strategy.