WANT TO BE HEALTHIER? THE DENTIST CAN SEE YOU NOW.



Getting regular dental care may help you be an overall healthier person.

Chew on this:

According to recent findings from the Centers for Disease Control and Prevention (CDC), half of Americans aged 30 or older have periodontitis, the more advanced form of periodontal (gum) disease.* Did you know that people who skip regular preventive dental care see their future dental costs go up by 43%?** Or that gum disease can have a direct impact on women who are pregnant and people with certain chronic medical conditions?

Here's the good news: Gum disease is preventable and treatable. The best place to start is by visiting your dentist.

Schedule an appointment today

Most of your in-network preventive dental care services are covered at low or no cost to you. Find a dentist near you on **myCigna.com**.

If you have a qualifying medical condition you can take advantage of the Cigna Dental Oral Health Integration Program®

- Get reimbursed for preventive dental treatments
- Learn how your health condition impacts your oral health

To register:

- Go to **myCigna.com**, select Coverage>Dental and fill out the registration form online
- Or call the number on the back of your Cigna ID card and ask for a mailed registration form

Conditions Eligible for Program

- Diabetes
- Heart disease
- Maternity
- Stroke
- Radiation for head or neck cancers
- Organ transplants
- Chronic kidney disease
- Rheumatoid arthritis
- Sjogren's syndrome
- Lupus
- Parkinson's disease
- Amyotrophic lateral sclerosis (ALS)
- Huntington's disease
- Opioid misuse and addiction

* "https://www.perio.org/newsroom/periodontal-disease-fact-sheet" Periodontal Disease Fact Sheet | Perio.org
**Preventive Dental Treatment Associated with Lower Medical Utilization and Costs", national Cigna study completed August 2018.

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