



## Dental visits: good for your health and your wallet

Health research has shown a strong link between good oral health and good overall health. In addition, regular dental checkups help cut down on expensive dental procedures, saving you money.



### WHAT IS THE PURPOSE OF PREVENTIVE DENTAL CARE?

Visiting the dentist regularly is a great way to catch problems before they become serious or painful. Taking good care of your teeth, gums and mouth helps prevent serious dental problems from developing.

In addition, good oral health can have a positive affect on the rest of your body. Today, more than 100 diseases show early signs in the mouth and may first be detected by a dental exam.

Dental health affects some of the body's most essential functions, including speaking, chewing and swallowing. Untreated oral health conditions can lead to cardiovascular disease, respiratory illness, diabetes and pregnancy complications.

### HOW CAN PREVENTIVE CARE SAVE YOU MONEY?

Reports show that for every dollar spent on preventive care, you can save between \$4 and \$50 in restorative care.<sup>1</sup>

Receiving regular preventive care and dental checkups can help reduce the need for restorative dental care or emergency room visits in connection with oral health. By preventing the need for restorative care, you can save money.

over >



1. *Ways to take a bite out of your dental bills*  
University of Rochester Medical Center

### KEEP TRACK OF YOUR ORAL HEALTH

Dental Optimizer™ features easy-to-use, interactive tools, including risk assessment quizzes and a treatment cost calculator. Online tools help members:

- › Understand how to prevent dental disease
- › Learn about the latest and most effective treatments
- › Lower out-of-pocket costs

Created by ODS and powered by Microsoft HealthVault, Dental Optimizer allows members to store dental health information and share it with caregivers to facilitate more coordinated and effective care.

For a list of ODS dental providers, visit [www.odskompanies.com](http://www.odskompanies.com) and click on Find Care.



## ORAL HEALTH, TOTAL HEALTH\*

Through our Oral Health, Total Health program, ODS offers additional preventive benefits to individuals with diabetes and pregnant women in their third trimester.

Diabetes increases the risk of cavities, gum disease, tooth loss, dry mouth and infection. Members who have this disease are eligible for a total of four dental cleanings or periodontal maintenance sessions per year to help them maintain a healthy mouth.

Pregnant women who have periodontal disease are more likely to have a premature or underweight baby. The Oral Health, Total Health program allows pregnant women to receive a dental cleaning during their third trimester, regardless of their normal plan benefits.

Dental decay is a communicable disease usually passed from parent to child. Good oral health by the parent can minimize bad bacteria being passed to the baby offering a brighter dental future for our children.

*\* Not available to all plans. Please check your Member Handbook for your specific plan benefits.*

*Insurance products provided by Oregon Dental Service.*