

The benefits of good dental care don't stop at your mouth

Did you know good oral health goes hand-in-hand with good overall health? Part of good dental health is getting regular preventive care. Many whole body illnesses show their first symptoms in the mouth, including serious ones like osteoporosis, heart disease and diabetes, and can be found during a routine exam.¹

Your routine exam can also determine if you have gingivitis or periodontal disease. About half of Americans adults have periodontal disease, a preventable disease of the gums and bones that support your teeth.²

Here are six ways better oral health affects your overall well-being³:

- 1. Increases self-confidence and emotional health** – Having a healthy smile makes you proud to show your grin. You can also sleep better and eat properly, which are both factors that affect your physical and emotional well-being.
- 2. Reduces risk of heart disease** – Researchers have linked chronic inflammation from gum disease to cardiovascular problems like heart disease, stroke and blood vessel blockages.
- 3. Improves memory skills** – Several studies have shown that people with gingivitis tend to perform worse on memory tests than people who have healthier gums and mouths.
- 4. Reduces risk of inflammation in the body** – Rheumatoid arthritis, which is an inflammation of the joints, has been linked to gum disease.
- 5. Helps prevent diabetes complications** – Studies have shown that people with diabetes and gum disease have more trouble controlling their blood sugar levels.
- 6. Reduces risk of preterm birth** – Pregnant women have an increased chance of developing gum disease. And women with gum disease are more likely to have a preterm baby with low birth weight.

¹National Institute of Dental and Craniofacial Research, part of the National Institutes of Health. Available at: www.nidcr.nih.gov/DataStatistics/SurgeonGeneral/sgr/chap5.htm. Accessed September 30, 2015.

²Centers for Disease Control and Prevention. Available at: www.cdc.gov/oralhealth/periodontal_disease/. Accessed September 30, 2015.

³National Institute of Dental and Craniofacial Research: Part of the National Institutes of Health. Oral health in America: A report of the Surgeon General (Executive Summary). Available at www.nidcr.nih.gov/datastatistics/surgeongeneral/sgr/home.htm. Accessed September 30, 2015.

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Here's how to get the most from your Aetna Dental DMO plan:

- Choose a primary care dentist from our network
- Schedule your no-cost preventive care checkup
- Use online services and dental health information

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Welcome to your Aetna Dental[®] DMO[®] plan





It's easy to use your Aetna Dental DMO benefits

1. Choose your primary care dentist

If you haven't already done so, you must pick a primary care dentist (PCD) from the Aetna Dental DMO network to be covered for services. Log in to your secure Aetna Navigator® member website at www.aetna.com and click on "Find a Doctor, Dentist or Facility" under the "I want to . . ." section. Each covered family member can pick a different PCD. You can change your PCD as often as once a month. Contact Member Services at 1-855-201-8436 by the 15th of the month to make your change effective by the first day of the following month.*

2. Visit your PCD for regular checkups and cleanings

The Aetna Dental DMO plan covers the following preventive care services at 100 percent:

- Regular exams and cleanings
- Fluoride treatment (children under age 16)
- Sealants on permanent molars (children under age 16)
- Bitewing and full mouth X-rays
- Space maintainers (subject to review)

3. Get care when you need it

Simply visit your PCD when you need care and pay your share of the cost as follows:

- Pay nothing for basic services, like fillings, root canal therapy on anterior and bicuspid teeth, and uncomplicated extractions
- Pay 20 percent for major services, like crowns, dentures, root canal therapy on molars and surgical extractions
- Pay a \$1,200 copay for orthodontic services for adults and children

There's no deductible and no annual dollar limits.** And, there are no claim forms to complete. Your PCD will give you a referral to see a dental care specialist when needed.

Get plan details and more online

Have you registered for Aetna Navigator yet? If not, visit www.aetna.com and click on "Log In/Register." Have your Aetna Dental ID card handy when you do. Then, you'll be able to:

- See details about your plan
- Replace a lost ID card
- Choose your PCD
- Send a secure e-mail to Member Services, and more

Look up facts and articles about dental care

The Simple Steps To Better Dental Health® website is your source for dental information, as well as expert opinions from the Columbia University College of Dental Medicine. Learn about conditions, treatments and more. Try our interactive tools. Visit www.simplestepsdental.com to get started.

Use your smartphone to manage your dental plan

If you have a smartphone or other web-enabled device, you can use it to log in to Aetna Navigator. From there, you'll be able to:

- View an electronic version of your Aetna Dental ID card (front and back)
- Get directions to your dentist or specialist's office
- Call your dentist with the tap of a finger, and more

The Aetna Mobile app is free. Download the Aetna app from the App StoreSM or GooglePlayTM.***



What's covered under the plan?

Below is a summary of coverage of the Aetna Dental DMO.

Plan features	In network only
Annual Deductible	
Individual	None
Family	None
Preventive Services	Plan pays 100%
Basic Services	Plan pays 100%
Major Services	Plan pays 80%
Annual Benefit Maximum	None
Office Visit Copay	You pay \$0
Orthodontic Services (Adult and Child)	You pay \$1,200 copay
Orthodontic Deductible	None
Orthodontic Lifetime Maximum	24 months of treatment plus 24 months of retention**

*Your PCD keeps a list of eligible patients that is updated monthly. Your name will appear on this list when it is updated the month after your selection. Some dentists will only treat patients whose names appear on this printed monthly roster. Once you are a member, you can call Member Services if your doctor needs to verify your eligibility.

**Orthodontic coverage is limited to 24 months of comprehensive treatment plus 24 months of retention.

***App Store is a service mark of Apple, Inc. Google Play is a trademark of Google, Inc.

Have a medical condition?

If you've been diagnosed with certain medical conditions, you may qualify for extra cleanings. Call Member Services at the number on your Aetna Dental ID card for details.

Aetna Member Services can answer your questions. Call 1-877-238-6200. The number is also printed on your Aetna Dental ID card. Or, log in to Aetna Navigator and click "Contact Us."