



Know the mouth-body health connection

Research shows that many diseases in our bodies are linked to the health of our mouths. The good news is we can reduce our risk of heart disease, diabetes, cancer and stroke with good oral hygiene.

Prevention is key

When it comes to keeping your mouth and body healthy, regular dental checkups can help you prevent and more easily manage these diseases:

- **Diabetes** — Diabetics need to pay special attention to the health of their mouths. If you have gum disease, you are more likely not to have control of your blood sugar levels. Staying on top of this will help you control diabetes
- **Heart disease** — Studies show that the bacteria that causes periodontal disease are the same bacteria that create hardening of the arteries (plaque buildup)

Bleeding gums are not normal

Bleeding gums are a sign that you need your teeth cleaned, are not cleaning them efficiently, or that there is something else going on in your body that needs attention. When bleeding gums occur, it's time to visit your dentist.

Foods that contribute to cavities

What you eat can contribute to cavities. The following shows how certain foods can impact the health of your mouth:

- **Sticky foods** – Foods that stick into the grooves of our teeth like sticky candy, dried fruit, chips and crackers feed the bacteria that can cause cavities
- **After-meal tips** – Each time you eat or drink, the pH in your mouth becomes acidic for up to 40 minutes. Follow these tips after meals and snacks:
 - Swish your mouth with water after you drink sugary drinks or eat food
 - Tap water is the best drink for your teeth and for hydrating your body

Get extra dental benefits

Delta Dental's **Health through Oral Wellness®** program offers extra preventive care to people with a greater risk for oral diseases.

Learn more at
deltadentalor.com/oralwellness/members

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ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）

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Health through Oral Wellness

When it comes to oral health, we know some people need more care than others. Delta Dental of Oregon's Health through Oral Wellness® program offers extra benefits to members who have a greater risk for oral diseases.

The program uses an oral health assessment to find out your risk of tooth decay, gum disease and oral cancer. Based on your risk score, you may qualify for additional cleanings, fluoride treatments, sealants and periodontal maintenance.

With extra benefits and related care, you can:

- Take charge of your oral health
- Prevent oral health issues before they happen
- Access resources to manage your oral health
- Learn how to achieve and maintain better oral wellness

Ready to get started?

Follow these simple steps to see if you qualify:

1. Visit deltadentalor.com/oralwellness/members to learn more about the program and take a free oral health risk self-assessment. You can choose to share your results with your dentist to start the conversation.

2. Talk to your dentist about the program. If they're not registered, ask them to call our toll-free Health through Oral Wellness provider line at 844-663-4433. Once registered, they can perform an oral health risk exam and can let you know if you qualify.
3. To look for providers registered with the program, go to modahealth.com and choose Find Care. Dental providers registered with Health through Oral Wellness will have a badge icon next to their name.



*Registered provider
badge icon*

Still have questions?

We're here to help. Contact our customer service team toll-free at 844-721-4939. TTY users, please call 711. Or visit deltadentalor.com to learn more.

* All enhanced dental benefits are subject to your plan's annual maximum and other limitations.

Delta Dental of Oregon and Alaska

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