

MAKE ORAL HEALTH A PRIORITY



With Cigna Dental Care (DHMO¹)

Prevention can be the key to a healthy smile. Routine care from your dentist can help find problems early. Before you need more advanced – and more costly – care.

Healthy gums, healthy you

Gum disease is a bacterial infection of the gums and bone around your teeth. And certain factors like smoking, poor oral hygiene, diabetes and stress could increase your risk of developing this disease.²

Too often, people don't know they have gum disease. It's usually painless in the early stages. And it shows few or no obvious signs.

The good news is that gum disease is preventable and treatable. The American Dental Association (ADA) suggests you:³

- › Brush your teeth twice a day with a soft bristle toothbrush
- › Floss daily
- › Eat a healthy diet and limit snacks between meals
- › See your dentist regularly

Prevention is built into your Cigna Dental Care plan

Your Cigna Dental Care plan covers certain preventive care services at low or no extra cost to you. It's designed to help you have a healthy smile.

These services include:*

- › Oral exams
- › Cleanings
- › Fluoride treatments
- › X-rays
- › Oral cancer screenings
- › And more

* Exams, cleanings and fluoride treatments are limited to two per calendar year. Full mouth and panorex x-rays are limited to one every three calendar years. Panorex: One every three calendar years. The frequency limitations of certain other covered services are set forth on your Patient Charge Schedule.

Feel better about your smile

Smile wider knowing that your Cigna Dental Care plan can help with coverage for:

- › Teeth whitening – Using take home gel trays customized to fit your mouth*
- › Dental implants – For missing teeth**

Your dentist may suggest a dental implant instead of a fixed bridge. Here's the difference: A bridge is placed on teeth. And an implant is surgically placed in the jawbone for a long-term solution.

* Only the use of take-home bleaching trays is covered. Other types of bleaching methods are not covered.

** Services related to the surgical placement of a dental implant are limited to one per year. Replacement of a surgical implant is limited to one every 10 years.

Are you at risk?

Check out Cigna's online assessment tools. They can help you identify your risk for gum disease and cavities. You can find both assessments at **Cigna.com** and **myCigna.com**. Simply type "gum disease risk" or "cavity risk" in the search box.

Protect your smile

If you don't wear mouth protection while playing sports, you're more likely to harm your mouth and teeth.⁴ But you can avoid extra trips to the dentist. Prevent costly repairs to your mouth, teeth and jaw by wearing a mouth guard. Your Cigna Dental Care plan can help.*

* Benefits for the replacement of a mouth guard may be limited to one per any 24 consecutive month period.

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cigna
healthcare

Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

The Cigna Dental Oral Health Integration Program®

This program offers enhanced dental coverage for customers with these medical conditions:

- › Diabetes
- › Heart disease
- › Stroke
- › Pregnancy
- › 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

There's no extra charge for the program. If you qualify, you're reimbursed for eligible out-of-pocket costs for certain dental procedures.

To learn more, go to **myCigna.com**. Or, call the number on your ID card or **800.Cigna24 (800.244.6224)**.

We're there for you, when you need it most

With your Cigna Dental Care plan, you get personal support 24/7/365.

- › **Dental Information Line.** Trained professionals can answer your questions about dental care and clinical symptoms.



When it comes to dental care, we've got you covered. To learn more about the Cigna Dental Care plan, go to **Cigna.com** before you enroll. Or to **myCigna®** website or app, after you sign up. To speak to customer service, call the number on your ID card or **800.Cigna24 (800.244.6224)**.

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1. The term "DHMO" is used to refer to product designs that may differ by state of residence of enrollee, including but not limited to, prepaid plans, managed care plans and plans with open access features. The Cigna Dental Care (DHMO) product availability varies by state and is subject to change.

2. American Academy of Periodontology. Types of Gum Disease. Accessed on April 13, 2018. <<https://www.perio.org/consumer/types-gum-disease.html>>

3. American Dental Association. Retrieved from: <http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth> on April 13, 2018.

4. American Dental Association, October 25, 2016. Retrieved from: <http://www.ada.org/en/member-center/oral-health-topics/mouthguards>

All group dental plans and insurance policies have exclusions and limitations. For costs and details about the services covered under your plan, review your enrollment materials. Dentists who participate in Cigna's network are independent contractors solely responsible for the treatment provided and are not agents of Cigna.

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