



Something extra for you — and your health

Your dental plan offers extra benefits if you have certain medical conditions

Good dental health impacts your whole health, especially if you have certain medical conditions. If you take part in one of our care management programs, you have access to extra dental services, including more cleanings or gum care, at no extra cost. That's 100% coverage of extra dental services with no out-of-pocket costs. These extra services won't count against your plan's yearly coverage maximum.

If you have any of these conditions¹ ...

- Diabetes
- Pregnancy
- Cancer treated with chemotherapy
- Head and neck cancer treated with chemotherapy and/or radiation
- Certain heart conditions
- Organ and bone marrow transplant
- Suppressed immune system (HIV/AIDS)
- End-stage kidney disease
- Stroke

... you'll get extra dental services, such as:

- Cleanings
- Fluoride
- Gum maintenance
- Gum scaling and root planing (deep cleaning)
- Routine or problem-focused exams
- Sealants

Call your dentist's office today to set up your appointment. To find a dentist in your plan's network, use the **Find Care & Cost** feature on our SydneySM Health app or [anthem.com](https://www.anthem.com).

Did you know?

46% of adults age 30 or older show signs of gum disease²

1 in 4 adults in the U.S. have untreated tooth decay²



If you're not yet in one of our care management programs but have a qualifying condition, you can sign up for dental extras.

Log in to [anthem.com](https://www.anthem.com), go to **Support**, and fill out the "Extra Dental Benefit Form" or call Member Services at the number on your ID card.



A healthy mouth is essential if you have diabetes or are pregnant. Here's why.

If you have diabetes

High blood sugar can affect the health of your teeth and gums. It can raise your risk for:³



Cavities (tooth decay)

The higher your blood sugar, the more sugars, starches, and acid can wear away at your teeth and cause plaque, which can lead to cavities.



Early gum disease (gingivitis)

Diabetes makes it harder to fight off bacteria. If plaque builds up, it can harden into tartar, which can lead to gums that bleed and become swollen.



Advanced gum disease (periodontitis)

Gum disease can destroy the tissue and bone that support your teeth. Diabetes also makes it harder to fight off gum infections and heal from gum disease.

If you are pregnant

Keeping your teeth and gums healthy while pregnant can help you have a healthy baby. Here are a few reasons why:



Pregnancy can raise the risk for dental health issues like gum disease, which has been linked to premature birth.⁴



Pregnant women may be at a higher risk for cavities due to behavior changes like frequent snacking or not brushing their teeth as often as usual due to morning sickness.⁴



Children whose mothers have untreated cavities or lost teeth while pregnant are three times more likely to have cavities as a child.⁵

Signs of gum disease

If you have one or more of these symptoms, see your dentist right away:

- Gums that are red, sore, swollen, or bleeding
- Bad breath or a bad taste in your mouth that doesn't go away
- Gums that have pulled away from your teeth (recession)

Checklist for a healthy mouth⁶

Keeping your teeth clean and your gums healthy is easier when you follow these simple tips:

- Visit a dentist every six months for routine cleanings and checkups.
- Limit food and drinks high in sugar to help prevent cavities.
- Brush your teeth with a soft-bristled toothbrush to reduce gum irritation two times a day — and after meals and snacks when you can.
- Use fluoride toothpaste to help strengthen teeth and prevent cavities.
- Floss every day, at least once a day.

How healthy are your teeth and gums?

Take an online Dental Health Assessment by logging on to [anthem.com](https://www.anthem.com) or using our Sydney Health app.

Using the website or app, you can also email questions to a dental hygienist and receive a response within 48 hours.

¹ Check your dental plan documents for details on condition eligibility and what enhanced dental benefits your plan covers.

² Centers for Disease Control and Prevention (CDC): [Adult Oral Health](https://www.cdc.gov/oralhealth/) (accessed April 2023): [cdc.gov/oralhealth](https://www.cdc.gov/oralhealth/).

³ National Library of Medicine, National Center for Biotechnology Information: [Impact of treating oral disease on preventing vascular diseases: A model-based cost-effectiveness analysis of periodontal treatment among patients with Type 2 diabetes](https://pubmed.ncbi.nlm.nih.gov/31882408/) (December 27, 2019): pubmed.ncbi.nlm.nih.gov/31882408/.

⁴ March of Dimes: [Dental health during pregnancy](https://www.marchofdimes.org/) (accessed April 2023): [marchofdimes.org](https://www.marchofdimes.org/).

⁵ CDC: [Pregnancy and oral health](https://www.cdc.gov/oralhealth/) (accessed April 2023): [cdc.gov/oralhealth](https://www.cdc.gov/oralhealth/).

⁶ CDC: [Oral Health Tips](https://www.cdc.gov/oralhealth/) (accessed April 2023): [cdc.gov/oralhealth](https://www.cdc.gov/oralhealth/).

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2023

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](https://www.anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company, Inc. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield of Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.