

Your dental health
and wellness

ACERA



Preventive dental care for seniors

Delta Dental of California for
ACERA

Healthy mouth, healthy body

Preventive Care is Key

- ✦
- ✦ Take care of your teeth and gums to improve your overall wellness. Regular dental cleanings and exams can help
- ✦

Poor oral health may worsen:

- Diabetes
- Rheumatoid arthritis
- Heart disease and stroke
- Dementia

Dental risks as you age

- **Cavities** aren't just for kids
- Risk of **gum disease** increases starting age 30
- **Dry mouth** tends to affect adults age 50+
- Arthritis can cause **difficulty with brushing and flossing**



Stop potential problems early

Prevention is the Best Medicine!

Top two dental problems:

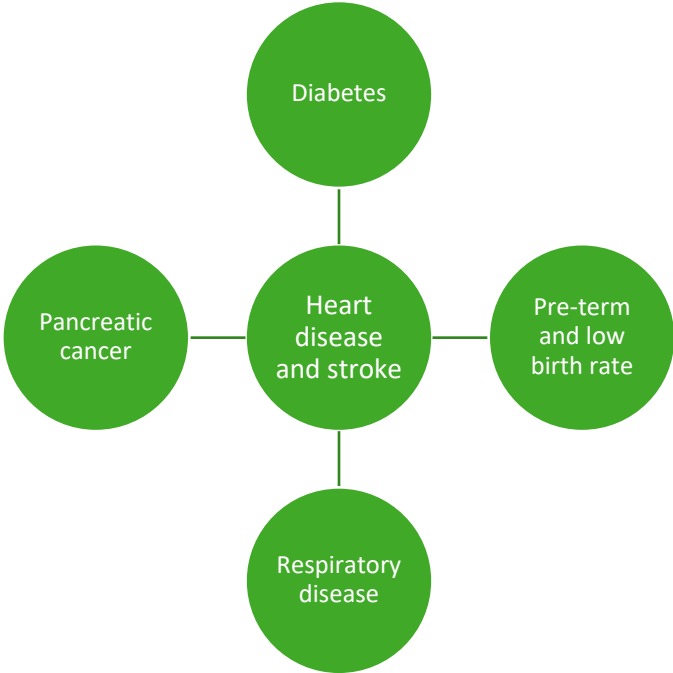
1. Gum disease – Affects half of adults
2. Tooth decay – Most prevalent chronic disease in children and adults

Why fight gum disease?

What effect does gum disease have on your teeth?

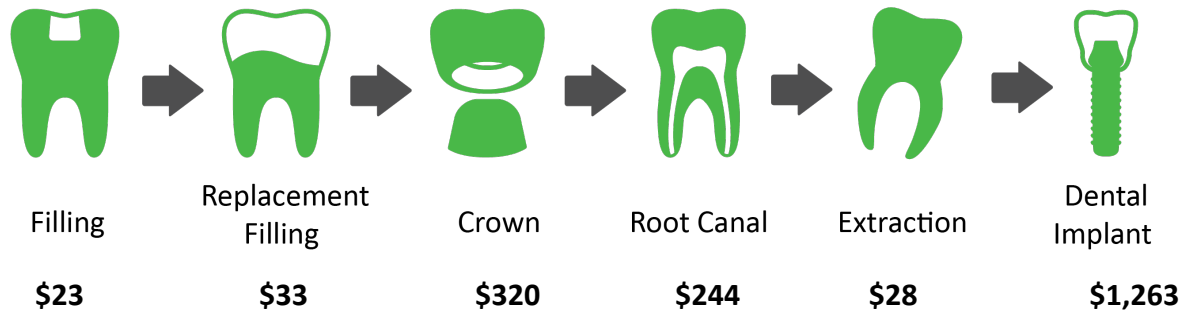
- Higher potential risk of developing cancer
- Periodontal treatment can help lower blood pressure
- Potential relationship between periodontal disease and rheumatoid arthritis

Gum disease – it's all connected



What is the true cost of a cavity?

Decayed tooth: You pay \$1,911



Healthy tooth: You pay \$0



Stop decay before it starts

Basics of preventive care

1. Brushing
2. Flossing
3. Regular dental visits
 - Cleanings
 - Exams



How to brush

- Twice a day
- For two minutes
- With a soft-bristled toothbrush
- In small circles
- With moderate pressure
- On all sides of your teeth



How to floss

1. Use 18 inches of floss.
2. Wrap floss around one finger on each hand.
3. Keep about an inch between your fingers.
4. Glide floss gently around teeth in a “C” shape.
5. Floss up to, and under, gum line



Why get a cleaning?

1. Prevent cavities
2. Stop tooth loss
3. Brighten your smile
4. Freshen your breath
5. Boost your overall health

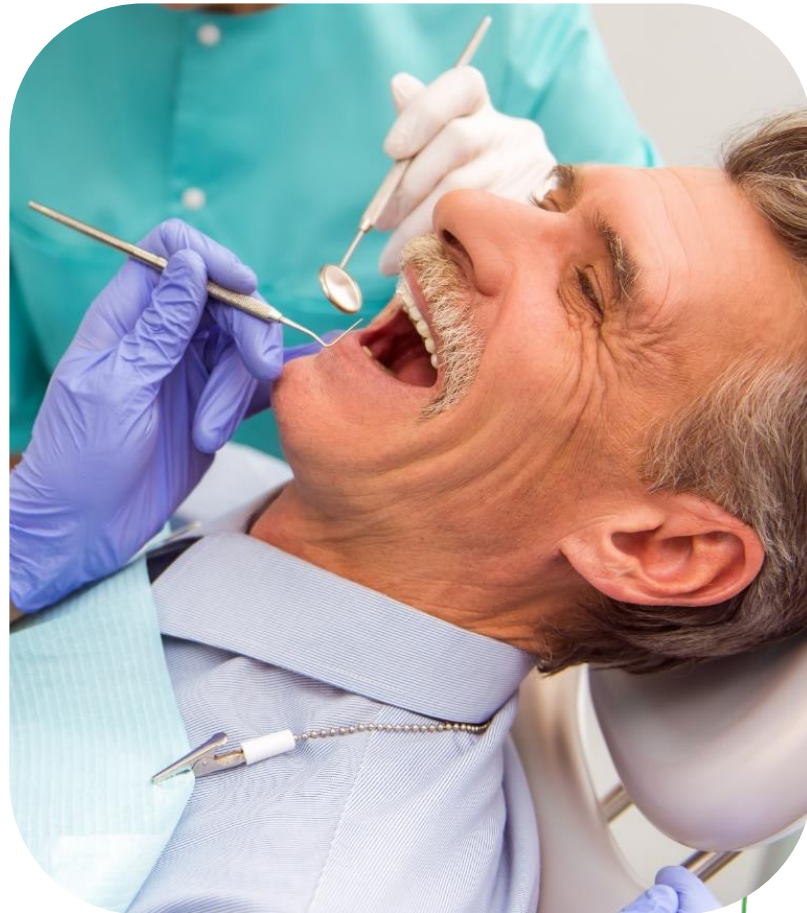


Why get a dental exam?

Identify dental problems early

Get screened for oral cancer

Catch symptoms of other diseases



Oral health means much more than healthy teeth. [...] The mouth is a mirror of health or disease.

— Oral Health in America: A Report of the Surgeon General



Your PPO coverage ~New for 2/1/23

Increased Plan Maximums for Non-PPO

	Delta Dental PPO	
	PPO dentist	Non-PPO dentist
Current Plan Maximum	\$1300	\$1000
New PPO Annual maximum	\$1,300 per person	
Per plan year		
New Non-PPO Annual maximum	\$1,300 per person	
Per plan year		

Save benefit dollars with D&P Maximum Waiver[®]

New for 2/1/2023 Visit your dentist for diagnostic and preventive care without affecting your annual maximum



Dental treatment	Delta Dental pays	You pay	Maximum remaining
Without D&P Maximum Waiver*	\$350	\$0	\$950/\$650
With D&P Maximum Waiver*	\$350	\$0	\$1,300

*Current plan does not have D&P Waiver.

SmileWay Wellness Program



If you have been diagnosed with **diabetes, heart disease, HIV/AIDS, rheumatoid arthritis or stroke**, you can take advantage of expanded dental coverage.

Action Needed:

You'll need to enroll in the *SmileWay Program* by calling Delta Dental's Contact Center at 888-335-8227.

Additional Coverage:

- 100% coverage for 1 scaling and root planing procedure per quadrant per year
- Four of the following per calendar year (any combo)
 - Teeth Cleaning
 - Gum maintenance

Learn more about dental health

SmileWay® Wellness site: mysmileway.com

- 100+ articles on topics from acid reflux to x-rays
- Short videos on senior dental health, common procedures and more
- Quizzes to assess your own dental risks



Are you at risk?

Get a personal snapshot of your oral health

Gum Disease Risk: 4

Your estimated gum disease risk is 4, indicating high risk.



Gum Disease Score: 3

Your estimated gum disease score is 3, indicating mild periodontitis.



Tooth Risk: 4

Your estimated tooth risk is 4, indicating high risk.



Fill out the online questionnaires to get personalized feedback

- General risk assessment
- Cavity quiz
- Gum disease quiz

Eat for your teeth

- Eat at meals instead of snacking throughout the day
- Follow a diet rich in calcium, vitamins D and C and phosphorus
- Try green or black tea instead of coffee
- Say no to starchy and sugary foods
- Drink plenty of water

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Questions?