



Exclusively for Dental Health Services Enrollees

## TOOTH TIPS!

### The Critical Role That Dental Health Plays In Controlling Your Healthcare Costs

When it comes to managing your health — and your healthcare expenses — your teeth might not be the first thing that comes to mind. But neglecting dental care can lead to far more than cavities and root canals. In fact, poor oral health has been linked to serious health conditions like heart disease, diabetes, stroke, and even complications during pregnancy. And those connections come with a cost.

#### The Hidden Price of Skipping Preventive Dental Care

Preventive dental care, such as routine cleanings and checkups, is one of the simplest and most cost-effective ways to protect your overall health. When small issues like plaque buildup or gum inflammation go untreated, they can evolve into much bigger — and more expensive — problems. For example, untreated gum disease (periodontitis) has been associated with an increased risk of cardiovascular issues and poor blood sugar control in diabetics.



A healthy mouth is not just about a bright smile — it's a vital part of your overall health.

### Medical and Dental: A Two-Way Street

Chronic conditions like diabetes and autoimmune diseases can also make dental problems worse. So skipping the dentist doesn't just impact your mouth — it can have a ripple effect on how well other conditions are managed, potentially increasing your need for costly medications or emergency care.



### The Power of Prevention

Routine dental visits often include screenings that can catch early signs of not just oral problems, but other health issues as well. Many plans cover these preventive services in full — meaning they cost you nothing upfront and could save you thousands later.

**Bottom Line:** Taking care of your smile is more than cosmetic. It's a smart investment in your total health — and your wallet.