



CHOOSING ARKANSAS HEALTH+DENTAL CAN DELIVER BIG BENEFITS

Our Dental Xtra Program Provides Valuable Benefits to Employers & Employees

For more than 65 years Arkansas Blue Cross and Blue Shield has been a trusted name for health insurance. Our Dental Xtra benefits can help enhance your medical and dental health coverage by providing:

- ✓ Improved employee total health
- ✓ Improved employee productivity
- ✓ Reduced medical costs

The mouth is the doorway to the entire body. Research¹ indicates that conditions such as inflamed or infected gums and tooth decay can cause dramatic health problems.

Good dental health can influence high-cost medical conditions such as diabetes², oral cancer, Sjögren's syndrome³, coronary artery disease⁴, stroke⁵, low birth weight⁶ and prematurely born babies.

As a leader in integrating medical and dental disease management, we analyze claims information and identify members who can benefit from our Dental Xtra program. This integrated approach can lead to:

- ✓ Improved employee dental health
- ✓ Reduced hospital admissions
- ✓ Reduced physician visits

What do Dental Xtra benefits provide your employees?

At Arkansas Blue Cross, our unique program of outreach, education, and additional benefits for members with targeted medical conditions, integrates our medical and dental programs to do what others can't, by improving employees' total health.

We can identify dental members and offer condition-specific benefits to people who have diabetes, coronary artery disease, suffered a stroke, oral cancer, Sjögren's syndrome, and women who are pregnant.

For members with these conditions, or those who are pregnant, Arkansas Blue Cross:

- Teaches the importance of dental care
- Offers Dental Xtra benefits to encourage proper tooth and gum care to help improve total health

Dental Xtra benefits are paid 100 percent with no coinsurance or deductible when visiting a participating dentist (coinsurance will apply when visiting a non-participating dentist) and do not count toward Calendar Year Maximums.

Dental Xtra benefits are standard for members who have diabetes, coronary artery disease, suffered a stroke, oral cancer, Sjögren's syndrome and for women who are pregnant. Members with a qualifying condition will receive the following services at no additional charge:

Dental Xtra	Prophylaxis (cleanings) or periodontal maintenance* visit every 3 months	Periodontal scaling*, or scaling in the presence of gingival inflammation every 24 months	Pre-diagnostic oral cancer screening** every 6 months	Fluoride treatment** every 3 months
Diabetes	✓	✓		
Coronary Artery Disease	✓	✓		
NEW! Stroke (As of January 1, 2018)	✓	✓		
Pregnancy	✓	✓		
Oral Cancer	✓		✓	✓
NEW! Sjögren's Syndrome (As of January 1, 2018)	✓		✓	✓

*Periodontal maintenance and scaling available with plans that offer periodontal benefits.
 **This benefit is available for members previously diagnosed with oral cancer or for members diagnosed with Sjögren's syndrome.



⁷ 9.6%
for patients with CAD

8.1%
for patients with diabetes

An Arkansas Blue Cross study showed that diabetic and CAD members who seek preventive or periodontal dental services demonstrated lower medical costs.

*We are not implying that dental care is the only factor responsible for the cost differences, but is one of the factors based on the research linking dental and total health.

Dental Xtra benefits for members with certain medical conditions are available. Please ask us for more information.

Visit us at arkansasdentalblue.com or call 1-888-223-4999.

Let Arkansas Blue Cross show what we can do for you.



Arkansas Blue Cross and Blue Shield is an Independent Licensee of the Blue Cross and Blue Shield Association and is licensed to offer health plans in all 75 counties of Arkansas.

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¹ ADA. (2015, June 15). Periodontal Disease Affects Nearly Half of the U.S. Population. www.ada.org

² Llambes, F., Arias-Herrera, s., & Caffesse, R. (2015, July 10). Relationship Between Diabetes and Periodontal Infection. www.ncbi.nlm.nih.gov

³ Sjögren's Syndrome Foundation. (n.d.). Living With Dry Mouth. www.sjogrens.org

⁴ American Dental Association. (2015, October 21). Periodontal Disease and Cardiovascular disease. www.ada.org

⁵ American Academy of Periodontology. (n.d.). Gum Disease and Heart Disease. Perio.org

⁶ Perio.org. (2013, August 28). Expectant Mothers' Periodontal Health Vital To Health Of Her Baby. www.perio.org

⁷ Arkansas Blue Cross and Blue Shield Medical Cost Differences Study (2016).