

Extra benefits when you need them!

Scientific research shows that oral health can have a significant impact on specific medical conditions.

Because of this connection, your Delta Dental coverage may include additional routine teeth cleanings (prophylaxes) or periodontal maintenance cleanings per benefit period (rather than the standard two) for people with certain at-risk conditions.

Be sure to visit your dentist regularly for preventive care that can help keep your whole body healthy.

Diabetes and gum disease

Research has confirmed that diabetes worsens gum disease, and it strongly suggests that severe gum disease increases the severity of diabetes.¹ Studies strongly indicate that when people with diabetes receive more frequent professional teeth cleanings, their blood glucose levels are much better controlled.²



Pregnancy and gum disease

High maternal levels of the bacteria that causes cavities may contribute to low infant birth weight.³ Clearly, it is important to maintain good oral health during pregnancy for the health of both the baby and the mother.



Individuals at risk for infective endocarditis

Despite medical advances, there is still a 20 percent mortality rate from infective endocarditis, a potentially deadly heart infection.⁴ The American Heart Association states that good oral health is an important factor in reducing the risk for infective endocarditis.⁵



Other at-risk conditions

People with serious health conditions are often at an increased risk for infection due to weakened immune system response.⁶ Having teeth cleaned professionally more frequently helps lower the risk that bacteria will enter the bloodstream, create infection and further compromise their condition.



Head and neck radiation causes some specific oral health problems. The National Institute of Dental and Craniofacial Research encourages people to see a dentist before beginning cancer treatments.⁷ A common side effect of head and neck radiation is an increase in cavities.

Based on this evidence, enhanced coverage is available for:

- People with renal failure or who are undergoing dialysis
- People whose immune systems are suppressed because of:
 - Chemotherapy and/or radiation treatment
 - HIV positive status
 - Organ transplant
 - Stem cell (bone marrow) transplant



If you have one or more of the conditions listed above, ask your dentist and physician how you can better manage your oral health to prevent infection and improve your condition.

¹ Mealey, BL, "Periodontal Disease and Diabetes," *Journal of the American Dental Association* 137 (2006): 25S-31S.

² Teeuw, WJ, Gerdes, EA and Loos, BG, "Effect of Periodontal Treatment on Glycemic Control of Diabetic Patients: A Systematic Review and Meta-analysis," *Diabetes Care* 33 (2010): 421-27.

³ Li, Y et al., "Mode of Delivery and Other Maternal Factors Influence the Acquisition of Streptococcus Mutans in Infants," *Journal of Dental Research* 84, no. 9 (2005): 806-11. ⁴ Cleveland Clinic Center for Continuing Education, "Infective Endocarditis," web.

⁵ WebMD, "Dental Health and Endocarditis Prevention," web.

⁶ Healthline, "Immunodeficiency Disorders," web.

⁷ National Institute of Dental and Craniofacial Research, "Head and Neck Radiation Treatment and Your Mouth," web.

Evidence-based Benefits

People eligible	Treatment	Coverage level	Frequency per benefit period	Applies to annual maximum
All members	Endosteal implant	Same percentage as prosthodontic services	N/A	YES
Members with diabetes	- Prophylaxis - Periodontal maintenance cleaning	Same percentage as preventive services Same percentage as other perio services*	4x total	YES - Standard Plan NO - Enhanced Plan YES
Pregnant women	- Prophylaxis - Periodontal maintenance cleaning	Same percentage as preventive services Same percentage as other perio services*	4x total	YES - Standard Plan NO - Enhanced Plan YES
Individuals with renal failure/dialysis	- Prophylaxis - Periodontal maintenance cleaning	Same percentage as preventive services Same percentage as other perio services*	4x total	YES - Standard Plan NO - Enhanced Plan YES
Individuals with suppressed immune systems - Chemotherapy/radiation - HIV positive - Organ transplant - Stem cell (bone marrow) transplant	- Prophylaxis - Periodontal maintenance cleaning	Same percentage as preventive services Same percentage as other perio services*	4x total	YES - Standard Plan NO - Enhanced Plan YES
Head and neck radiation patients	- Prophylaxis - Periodontal maintenance cleaning - Topical fluoride treatment	Same percentage as preventive services Same percentage as other perio services* Same percentage as preventive services	4x total 2x total	YES - Standard Plan NO - Enhanced Plan YES
Individuals at risk for infective endocarditis	- Prophylaxis - Periodontal maintenance cleaning	Same percentage as preventive services Same percentage as other perio services*	4x total	YES - Standard Plan NO - Enhanced Plan YES

* Unless covered by group contract at preventive level. NOTE: Not all Delta Dental contracts cover these services.

Not all dental offices may be unaware of this enhanced benefit or where it is noted under your plan. To avoid issues, please ask your provider to submit a pre treatment estimate that includes a narrative explaining the medical necessity of the additional cleaning. Our claims team will review the submission and determine eligibility based on the dentist's explanation. If approved, the provider may submit the pre treatment estimate as a claim for payment. If the request is denied, you may contact our customer service team for guidance on any additional information that could support reconsideration.