

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, effective July 1, 2018, UBT's dental plan will now 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. In addition, individuals undergoing head or neck radiation can obtain two topical fluoride treatments per benefit period, regardless of age. For individuals with a history of periodontal disease, two additional routine cleanings (prophylaxes) or periodontal maintenance cleanings are available regardless of any at-risk health condition.

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

Additional cleanings:

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.² The American Heart Association states that good oral health is an important factor in reducing the risk for infective endocarditis.³

Individuals with periodontal disease

Having periodontal (gum) disease affects more than your oral health. Research has shown that gum disease is associated with several other diseases, and that inflammation may be the link, not bacteria as it was previously believed.⁴ This means that treating oral inflammation may help manage gum disease as well as other chronic inflammatory conditions.

Other at-risk conditions

People with serious health conditions are often at an increased risk for infection due to weakened immune system response.¹ Having teeth cleaned professionally more frequently helps lower the risk that bacteria will enter the bloodstream, create infection and further compromise their condition.

Based on this scientific 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

Fluoride treatments (regardless of age):

Individuals undergoing head or neck radiation

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.⁵ A common side effect of head and neck radiation is an increase in cavities.

Keep in mind, the timing of your treatment can be critically important. Your dentist and physician can help you make the best treatment decisions at the most appropriate time, based on your health and history.

¹ Healthline, "Immunodeficiency Disorders," web.

² Cleveland Clinic Center for Continuing Education, "Infective Endocarditis," web.

³ WebMD, "Dental Health and Endocarditis Prevention," web.

⁴ American Academy of Periodontology, "Periodontal Disease and Systemic Health," web.

⁵ National Institute of Dental and Craniofacial Research, "Head and Neck Radiation Treatment and Your Mouth," web.



Evidence-based Benefits

Effective July 1, 2018

People eligible	Treatment	Coverage level		Frequency per benefit period	Applies to annual maximum
		Delta Dental PPO SM	Delta Dental Premier [®] or nonparticipating		
Individuals at risk for infective endocarditis (heart infection)	• Prophylaxis	100%	100%	4x total	YES
	• Periodontal maintenance cleaning	100%	65%*		YES
Individuals with renal failure/dialysis	• Prophylaxis	100%	100%	4x total	YES
	• Periodontal maintenance cleaning	100%	65%*		YES
Individuals with suppressed immune systems • Chemotherapy/radiation • HIV positive • Organ transplant • Stem cell (bone marrow) transplant	• Prophylaxis	100%	100%	4x total	YES
	• Periodontal maintenance cleaning	100%	65%*		YES
Head and neck radiation patients	• Prophylaxis	100%	100%	4x total	YES
	• Periodontal maintenance cleaning	100%	65%*		YES
	• Topical fluoride treatment, regardless of age	100%	100%	2x total	YES
Individuals with history of periodontal disease	• Prophylaxis	100%	100%	4x total	YES
	• Periodontal maintenance cleaning	100%	65%*		YES

*Subject to \$25 deductible per benefit period.



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.