

# DENTAL BLUE<sup>®</sup> TOTAL HEALTH SOLUTION

## Good Oral Health Leads to Better Overall Health

Patients who take care of their teeth and visit a dentist regularly tend to be in better overall health. For example, the treatment of periodontal disease may help control the blood sugar levels in diabetics; cut the risk of delivering a preterm, low-birthweight baby; and limit the severity of heart disease. Dentists can also detect early signs of oral cancer and reduce the amounts of plaque and bacteria in the mouth.

## Enhanced Dental Benefits

We're uniquely positioned to analyze claims data and identify members who might benefit from our condition-specific, total health solution: a complete program focusing on at-risk members with qualifying medical conditions. Our Enhanced Dental Benefits offer additional, specific support, including full coverage for preventive and periodontal services that have been connected to improved overall health.

Condition	One cleaning or periodontal maintenance, 4 per calendar year <sup>1</sup>	Periodontal scaling, once per quadrant every 24 months <sup>1</sup>	Oral cancer screening, twice per calendar year	Fluoride treatment, 4 per calendar year
DIABETES	✓	✓		
CORONARY ARTERY DISEASE	✓	✓		
STROKE	✓	✓		
PREGNANCY	✓	✓		
ORAL CANCER	✓		✓	✓
SJÖGREN'S SYNDROME	✓		✓	✓

<sup>1</sup> Periodontal maintenance and scaling are available on plans that offer periodontal benefits. There must be at least three months between a periodontal maintenance cleaning and any other cleanings covered under your dental plan, including these Enhanced Dental Benefits.

**Please Note:** Service frequencies displayed in the chart are effective on renewal starting April 1, 2021. For renewals prior to this date, these services are covered at the following frequencies: cleaning or periodontal maintenance every three months; periodontal scaling, once per quadrant every 24 months; oral cancer screening every six months; and fluoride treatment every three months. Condition-specific eligibility requirements must be met to receive coverage. Certain dental plans cover preventive dental services and Enhanced Dental Benefits at different frequency intervals. Please check your plan benefits to confirm your coverage before scheduling dental services.

## Questions?


To learn more, please contact your account executive.

## LOWER YOUR COSTS AND IMPROVE EMPLOYEE HEALTH

Our Total Health Solution helps members better manage their health, which can lead to increased productivity, decreased absenteeism, and overall lower claims costs.

### ENHANCED DENTAL BENEFITS MAKE A DIFFERENCE

Coronary Artery Disease	Diabetes
<b>30M+</b> people in the U.S. have been diagnosed with heart disease. <sup>2</sup>	<b>34M+</b> people in the U.S. have diabetes. <sup>3</sup>
<b>56%</b> of our members with coronary artery disease use Enhanced Dental Benefits to improve their health. <sup>4</sup>	<b>55%</b> of our members with diabetes use Enhanced Dental Benefits to improve their health. <sup>4</sup>
<b>COST DIFFERENCE OF 20%</b> per year when employees with coronary artery disease use dental benefits, vs. those who don't. <sup>5</sup>	<b>COST DIFFERENCE OF 11%</b> per year when employees with diabetes use dental benefits, vs. those who don't. <sup>5</sup>

CORONARY ARTERY DISEASE		DIABETES
<b>\$5,300</b>	 <b>AVERAGE SAVINGS</b>	<b>\$1,756</b>
PER MEMBER PER YEAR COST DIFFERENCE WHEN RECEIVING PERIODONTAL TREATMENT <sup>5</sup>		PER MEMBER PER YEAR COST DIFFERENCE WHEN RECEIVING PERIODONTAL TREATMENT <sup>5</sup>

2. Centers for Disease Control and Prevention, "Summary Health Statistics Tables for U.S. Adults, National Health Interview Survey," 2018.

3. Ibid., "National Diabetes Statistics Report," 2018.

4. Blue Cross Blue Shield of Massachusetts, Overall Book of Business, "Total Health Report," 2019.

5. Ibid., "Total Health Report," 2019, based on 2018 Member Data Annual Summary.

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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).