

make the most of YOUR DENTAL PLAN

Understand your coverage, avoid surprises, and support long-term health.

KNOW YOUR DENTAL PLAN

Dental plans work differently than medical.

- Most plans **focus on preventive care** like cleanings, exams, and X-rays
- **Annual maximums apply**, even when care is covered
- **Coverage for major services** (crowns, oral surgery, orthodontia) usually varies

Why it matters:

Understanding your coverage helps you plan care and avoid surprises.

BEFORE SCHEDULING WITH YOUR DENTIST

A little preparation can help things go more smoothly.

- **Confirm** your dentist is **in-network** for your plan
- Ask if a **pre-treatment estimate** (or predetermination) is needed for major services
- **Remember:** many dental **benefits reset** on a calendar-year basis

Why it matters:

Planning ahead may help reduce delays and unexpected out-of-pocket costs.

HEALTHY MOUTH HEALTHY BODY

Oral health supports overall health—not just your smile.

- Preventive care can help **spot issues early**
- Oral inflammation is linked to **conditions like heart disease** and diabetes
- Dental benefits are designed to **support long-term health**

Why it matters:

Regular dental care supports both oral health and overall well-being.



Good oral health supports overall wellness, including cardiovascular health.



SCHEDULE YOUR NEXT CHECK-UP TODAY!

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