

BENEFITS NEWS

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Cigna Dental

Your oral health has a direct link to your overall health. Poor oral health can be a sign of heart disease, stroke, diabetes, premature births, and osteoporosis. There are proven ways to protect your oral health:

- Brush twice a day with a soft-bristled toothbrush and fluoride toothpaste.
- Floss daily.
- Use mouthwash to remove smaller particles left after brushing and flossing.
- Eat a healthy diet and limit sugary food and drinks.
- Replace your toothbrush regularly, every 3-4 months or when the bristles show wear.
- See your dentists regularly, usually every 6 months but some may need a more frequent schedule.
- Avoid tobacco.

Cigna Dental Oral Health Integration Program reimburses out-of-pocket costs for preventive dental treatments to combat gum disease and tooth decay. For more information, click [here](#).

Cigna also offers SmartScan, which is a unique at-home dental screening tool that can provide you a report about your overall oral health. This is not meant to replace a visit with your dentist but can provide you with a general indication of your oral health. For More information, click [here](#).

