

# DENTAL XTRA<sup>SM</sup>

Keeping your mouth healthy can have a big impact on your overall health, especially if you've been diagnosed with certain medical conditions. Studies<sup>1</sup> show that gum disease and tooth decay can have adverse affects, even more so for certain medical conditions.

## Enhanced dental benefits at no additional cost

Arkansas Blue Cross and Blue Shield's Dental Xtra program offers Xtra benefits that are tailored to specific medical conditions (see table below). If you have been diagnosed with one or more of these conditions, Dental Xtra can help improve your overall health, increase your quality of life and lower your medical and dental care costs. Dental Xtra benefits are valued at over \$1,000, benefits are covered 100%, and there is no extra cost to participate, plus:

- There are no deductibles, coinsurance, or copayments when visiting a participating provider
- There are no waiting periods and the program is not subject to annual maximums

## Medical-dental integration for better health

Our Dental Xtra program brings medical and dental care together to help you and your family improve your overall health. If you have medical and dental coverage with Arkansas Blue Cross and a qualifying medical condition, we automatically enroll you in the program. If you are pregnant or have only a dental policy with Arkansas Blue Cross, you can easily self-enroll online. Once enrolled, we'll provide more information, including access to a number of helpful online resources, that explains the mouth-body connection. We'll also send periodic reminders to use your enhanced dental benefits.

**Get on the road to better overall health**

To use your Dental Xtra benefits, simply make an appointment with your dentist. To find a dentist, visit [arkansasbluecross.com](http://arkansasbluecross.com).

Covered Medical Conditions and Enhanced Dental Benefits	Automatic Program Enrollment	Two Additional Cleanings or Periodontal Maintenance Visits per Year	Oral Cancer Screenings Once Every 6 Months & Fluoride Treatments Once Every 3 Months	Periodontal Scaling* Covered 100% with No Out-of-Pocket Expense
Diabetes	✓	✓		✓
Coronary Artery Disease	✓	✓		✓
Stroke	✓	✓		✓
Pregnancy		✓		✓
Oral Cancer	✓	✓	✓	
Head & Neck Cancers (As of January 1, 2020)	✓	✓	✓	
Sjögren's Syndrome	✓	✓	✓	

\*A member's plan must include periodontal coverage to receive this benefit.



 To find a dentist, or to enroll in Dental Xtra, visit [arkansasbluecross.com](http://arkansasbluecross.com).

<sup>1</sup>American Journal of Preventive Medicine. (2014, August). "Impact of Periodontal Therapy on General Health: Evidence from Insurance Data for Five Systemic Conditions." Retrieved from: <https://www.sciencedirect.com/science/article/pii/S0749379714001536>

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