



MASSACHUSETTS

Dental Blue®
The right choice

Dental Care Connected to Overall Health

The connection between oral health and overall health is clear. From heart disease to diabetes and prenatal health, dental care has an impact on total health and well-being. For example, periodontal (gum) disease has been associated with a higher overall rate of heart disease, while the treatment of periodontal disease has been shown to improve the control of blood sugar levels in diabetics. Finally, pregnant women with periodontal disease may be seven times more likely to deliver preterm low-birthweight babies, but the right dental treatment may cut their risk by 70 percent.

Periodontal Disease

- The most common infectious disease in the adult population
- The most significant dental disease affecting adults
- Affects 75 percent of adults over age 35

Diabetes

- A study of Blue Cross Blue Shield of Massachusetts' membership showed that medical costs increased more than \$140 per member per month among diabetics with untreated oral health issues
- A Columbia University study found that periodontal care had a positive effect on the cost of medical care in a two-year study for diabetes and coronary artery disease (CAD)

Coronary Artery Disease (CAD)

- The risk for heart disease in people with untreated periodontal disease increases up to two-fold
- A study of Blue Cross Blue Shield of Massachusetts' membership showed approximately \$240 per member per month increase in medical costs among members with concurrent CAD and untreated oral health issues

Preterm Low-Birthweight Pregnancies (PTLBW)

- Women with periodontal disease experienced a seven-fold increase in preterm low-birthweight babies
- If treated with non-surgical periodontal treatment (deep cleaning, scaling, and root planing) the increased risk of PTLBW may be reduced by as much as 70 percent



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Future Medical Cost Trends May Be Reduced by Leveraging Dental Benefit Cost

Total Health Solutions

- Identification of affected members
- Focused outreach to these members
- Education through Disease Management programs
- Condition-specific enhanced benefits

Enhanced Benefits offer members with diabetes, coronary artery disease, or those who are pregnant the following services:

- One cleaning or periodontal maintenance* visit once every three months
- Periodontal scaling
- Enhanced benefits are paid at 100 percent and are not subject to deductibles, co-insurance, or calendar-year maximums when performed by a participating or preferred dental provider.

Enhanced Benefits is the latest in our commitment to improve members' overall health.

Blue Cross Blue Shield of Massachusetts—The Brand Name You Can Trust

- Nationally recognized leader in health care for over 70 years and one of the largest dental carriers in Massachusetts

*Periodontal maintenance and scaling available on plans that offer periodontal benefits.