

Enhanced Dental Benefits from Dental Blue

At Blue Cross Blue Shield of Massachusetts, your good health is one of our top priorities. Our Enhanced Dental Benefits program is one of the ways we work to improve your overall health.

If your doctor has diagnosed you with one of the following conditions, you are eligible for full coverage for certain preventative and periodontal services:

- Diabetes
- Coronary artery disease
- Oral cancer
- Pregnancy
- Stroke
- Sjogren's syndrome

How is your oral health related to overall health?

Your dentist or dental hygienist may have told you that there are links between your oral health and your overall health:

- Clinical studies have shown an association between periodontal disease – the most common infectious disease in adults – and the control of diabetes¹ and the severity of heart disease².
- Periodontal disease among pregnant women has been associated with an increased risk of delivering a pre-term, low birth-weight baby³.
- Poor oral health has also been associated with the increased likelihood of certain types of stroke⁴, and dry mouth can be one of the principal signs of Sjogren's syndrome⁵. Members with both conditions may benefit from additional annual cleanings and dental care.

Why enroll in Enhanced Dental Benefits?

We offer Enhanced Dental Benefits at no additional cost to you. The services shown on the reverse of this page are not subject to a deductible, co-insurance, or annual maximum when provided by a participating or preferred provider. If you have a PPO plan and choose to receive services from a non-preferred provider, you may be subject to co-insurance.

Call Member Service to find out if you are eligible

Find out if you're eligible for Enhanced Dental Benefits by calling the Member Service number on your Dental Blue ID card. You can access our Enhanced Dental Benefits Self Enrollment form by going to bluecrossma.com/myblue. Select **Tools & Resources** from the top menu. Then choose **Forms & Brochures>Health Plans-Miscellaneous** and scroll down for the form.

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

¹ perio.org/consumer/gum-disease-and-heart-disease

² ncbi.nlm.nih.gov/pmc/articles/PMC3228943/

³ perio.org/consumer/AAP_EFP_Pregnancy

⁴ ncbi.nlm.nih.gov/pmc/articles/PMC5836263/

⁵ nidcr.nih.gov/health-info/sjogrens-syndrome



We offer Enhanced Dental Benefits as part of our commitment to improving our members' overall health. If you have one of the conditions below, you can enroll in Enhanced Dental Benefits to be eligible for the following services*:

Condition	One Cleaning or Periodontal maintenance visit every 3 months	Periodontal Scaling once per quadrant every 24 months*	Oral Cancer screening once every 6 months	Fluoride treatment every 3 months
Diabetes	■	■		
Coronary Artery Disease	■	■		
Pregnancy	■	■		
Oral Cancer	■		■	■
Stroke	■	■		
Sjogren's syndrome	■		■	■

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

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.