Make oral health a priority.

With Cigna Dental Care (DHMO[1])

Prevention can be the key to a healthy smile. Routine care from your dentist can help find problems early, before you need more-advanced – and more costly – care.

Healthy gums, healthy you.

Gum disease is a bacterial infection of the gums and bone around your teeth. And certain factors, including smoking, poor oral hygiene, diabetes and stress, could increase your risk of developing this disease.[2]

Too often, people don't know they have gum disease. It's usually painless in the early stages. And it shows few or no obvious signs.

The good news is that gum disease is preventable and treatable. The American Dental Association (ADA) suggests you:[3]

- Brush your teeth twice a day with a soft bristle toothbrush
- Floss daily
- Eat a balanced diet
- See your dentist regularly

Prevention is built into your Cigna Dental Care plan.

Your Cigna Dental Care® plan covers certain preventive care services at low or no extra cost to you. It's designed to help you have a healthy smile.

These services include:*

- Oral exams
- Cleanings
- Fluoride treatments
- X-rays
- Oral cancer screenings
- And more

*Exams, cleanings and fluoride treatments are limited to two per calendar year. Full mouth and panorex X-rays are each limited to one every three calendar years. The frequency limitations of certain other covered services are set forth on your Patient Charge Schedule.

Feel better about your smile.

Smile wider knowing that your Cigna Dental Care plan can help with coverage for:

- Teeth whitening – Using take-home gel trays customized to fit your mouth*

*Only the use of take-home bleaching trays is covered. Other types of bleaching methods are not covered.

Are you at risk?

Check out the Cigna Healthcare℠ online assessment tools. They can help you identify your risk for gum disease and cavities. You can find both assessments at **Cigna.com** and **myCigna.com.** Simply type "gum disease risk" or "cavity risk" in the search box.

All sources and disclosures appear at the end of this document.

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Protect your smile.

If you don't wear mouth protection while playing sports, you're more likely to harm your mouth and teeth.[4] But you can avoid extra trips to the dentist. Prevent costly repairs to your mouth, teeth and jaw by wearing a mouth guard. Your Cigna Dental Care plan can help.*

*Benefits for the replacement of a mouth guard may be limited to one per any 24-consecutive-month period.

The Cigna Dental Oral Health Integration Program.®

This program offers enhanced dental coverage for customers with these medical conditions:

- Diabetes
- Heart disease
- Stroke
- Pregnancy
- Radiation for head or neck cancers
- Organ transplants
- Chronic kidney disease
- Rheumatoid arthritis
- Sjogren's syndrome
- Lupus
- Parkinson's disease
- Amyotrophic lateral sclerosis (ALS)
- Huntington's disease
- Opioid misuse and addiction

There's no extra charge for the program. If you qualify, you're reimbursed for eligible out-of-pocket costs for certain dental procedures.

To learn more, go to **myCigna.com.** Or call the number on your ID card or **800.Cigna24 (800.244.6224).**

We're there for you, when you need us most.

With your Cigna Dental Care plan, you get personal support 24/7/365.

- **Dental Virtual Care.** Consult with a dentist through a video call 24/7/365.
- **SmartScan.** Our unique, at-home dental screening tool allows you to use your smartphone to take a series of self-guided dental photos and receive a professional assessment from a Cigna Healthcare dentist within minutes.



When it comes to dental care, we've got you covered. To learn more about the Cigna Dental Care plan, go to **Cigna.com** before you enroll or to the **myCigna** website or app* after you sign up. To speak to customer service, call the number on your ID card or **800.Cigna24 (800.244.6224).**

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1. The term "DHMO" is used to refer to product designs that may differ by state of residence of enrollee, including but not limited to prepaid plans, managed care plans and plans with open access features. The Cigna Dental Care (DHMO) product availability varies by state and is subject to change.
2. Cleveland Clinic. "Periodontal Disease (Gum Disease).", April 2023. https://my.clevelandclinic.org/health/diseases/21482-gum-periodontal-disease. Accessed June 17, 2024.
3. MouthHealthy. "Gum Disease.", 2024. https://www.mouthhealthy.org/all-topics-a-z/gum-disease. Accessed June 4, 2024.
4. American Dental Association, "Athletic mouth protectors (mouthguards).", October 2021. https://www.ada.org/resources/ada-library/oral-health-topics/athletic-mouth-protectors-mouthguards. Accessed June 4, 2024.

*Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna com. App/online store terms and mobile phone carrier/data charges apply.

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