

THE ORAL HEALTH EXPERT

DELTA DENTAL OF ARIZONA

OCTOBER 2020

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9 Ways to Take Great Care of Your Gums



Does it hurt when you brush your teeth? Or maybe you've noticed bleeding when you floss or spit out toothpaste. If this happens regularly, don't ignore it, as this could be an early sign of gum disease. Here are some ways to improve gum health, stop bleeding and prevent gum problems from becoming more serious:

1. Brush with fluoride toothpaste at least twice a day for two minutes each time
2. Gently floss every day
3. Use a soft-bristled toothbrush and replace it about every three to four months—sooner if the bristles are frayed
4. Reduce bacteria by rinsing with an anti-plaque mouthwash
5. Don't use tobacco in any form
6. Schedule regular dental cleanings and checkups
7. Maintain a healthy diet that is low in carbohydrates
8. Ask your physician or dentist if certain medications may be causing dry mouth or bleeding gums
9. If you have diabetes, concentrate on managing your blood sugar levels and get regular dental care

If you're stressed by recent events, it can be tempting to skip a brushing session or cancel your dental appointment. However, now more than ever, it's important to take great care of your oral health because it is strongly connected to your overall health and well-being.



Brushing for Two: Oral Care is Important for You and Baby



When you're pregnant, you're not only eating for two, but you're also brushing for two. Studies have shown that only half of the women who have oral health problems during pregnancy seek treatment.¹ It's important to keep up with your oral health, especially when you're expecting.

Here are some things to remember to protect your oral health and set your baby up for smile success:

- Studies suggest that women with good oral health prior to and during pregnancy may delay or prevent the onset of cavities in their child²
- A dental check-up during pregnancy is a great time to receive guidance from your dentist on taking care of your baby's oral health
- When you're pregnant, what you eat is important. Follow your doctor's advice for eating the right foods and taking vitamins
- Hormonal changes may make your teeth and gums more susceptible to gingivitis and tooth decay, so stay on top of routine dental care

It's also important to remember that you can receive routine or emergency dental care during pregnancy:

- If a dental emergency arises, be sure to let your dentist know that you're pregnant. They will know what precautions need to be taken to resolve your dental problem
- If you need cavities filled or other necessary procedures, the second trimester is the best time. Elective procedures like tooth whitening or other cosmetic work should be delayed until after the baby is delivered

Take extra care of your oral health while pregnant to set you and your baby up for a lifetime of healthy smiles.

SMILE STATS



Adults have 12 molars and they are the biggest and strongest teeth in your mouth.³



A baby can "reflex smile" before they're even born, but the first intentional smile is usually between 6 and 12 weeks.⁴



91% of Americans over 20 years old have had a cavity at some point in their lives.⁵

Dual Dental Coverage: Can I Have Two Dental Insurance Plans?



If you are covered under two different dental insurance plans, then you have dual dental coverage. Dual dental coverage typically occurs when you have two jobs that each provide dental benefits, or you are covered by your spouse's dental plan in addition to your own.

Having dual coverage doesn't double your benefits, but you might pay less for dental procedures than if you were covered under just one plan because treatment costs may be shared between your two carriers up to 100%. All dental plans will have contractual language to determine how coordination of benefits (COB) will be handled between the two plans and how it could impact your out-of-pocket costs.

Some COB provisions limit what a plan will cover, while others can involve a detailed process. COB provisions may also depend on individual state laws and regulations, and other variables that vary by state.

How Does Dual Coverage and COB Work?

When COB applies, one dental plan is designated as primary and the other as secondary. In most cases, the secondary policy will not accept a claim until after the primary policy has paid for services according to the enrollee's available benefits under that policy. Then, the secondary policy will ask for a copy of the payment information (referred to as an explanation of benefits, or EOB) from the primary insurer.

With dual coverage, your two carriers will make sure that the combined amount paid by the two plans does not exceed the total amount the dentist has agreed to accept from the primary carrier. This is known as the total allowed charge. In other words, the benefits from the two carriers combined do not exceed the total dentist charges and duplication of benefits does not occur.

How Do I Know Which is My Primary Carrier?

The primary carrier is the one for which you are covered as the member (i.e. dental insurance provided by your employer rather than your spouse's). If you have two jobs, then the primary carrier is the dental plan that has provided coverage for longer.

Specific COB limitations will depend on your dental plans, insurance providers, state law and other factors. If you have two dental insurance policies, then be sure to talk to both insurance carriers to fully understand if and how dual coverage could benefit you. Ask what their COB provisions are and what your entitled level of benefit is. You could also consult with your company's human resources department. If the combined level of insurance is important to you, then make sure you understand COB for your dental plans prior to making any major dental treatment decisions.

MOUTH-HEALTHY RECIPE: CHEESY CHICKEN BROCCOLI CASSEROLE

Ingredients:		Directions:
		<ol style="list-style-type: none"> Preheat oven to 375 F. Place chicken breasts in large baking dish. Sprinkle garlic powder, salt and pepper over chicken. Spread broccoli florets on top. Pour broccoli cheese soup over chicken and broccoli, covering evenly. Top with shredded cheddar cheese. Bake for 45 to 55 minutes or until chicken is cooked to 165 F. Enjoy!
2 pounds of boneless skinless chicken breasts	12 ounces frozen broccoli florets, thawed	
		
1/2 teaspoon garlic powder	2 cans (10.5 ounce each) condensed broccoli cheese soup	
		
Salt and pepper, to taste	1 cup shredded sharp cheddar cheese	

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SOURCES

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³<https://www.healthline.com/health/teeth-names#molars>

⁴<https://www.parents.com/baby/development/laughing/when-do-babies-start-smiling/>

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