



WHY GOOD DENTAL CARE MATTERS

Schedule your appointment today!



It can affect your overall health

- Signs of 100+ diseases can be spotted during a dental exam.²
- Several studies show that gum disease is associated with heart disease.³
- Those with gum disease are about twice as likely to have a heart attack.¹
- For people with diabetes, gum disease can make it harder to control their blood sugar.³
- In pregnant women, severe gum disease has been linked to premature birth and low birth weight.¹



Time for a checkup?

Call your dentist today and schedule a preventive exam. Your health will thank you!



You can get a checkup at no cost to you!⁴

- Thanks to your Dental Blue® plan, out-of-pocket costs shouldn't be a barrier to getting regular preventive care.
- Seeing your dentist regularly helps spot problems early on, so it's easier to treat. And that can save you time and money.



Learn about using your dental benefits at:

**BlueCrossNC.com/
DentalCheckup**

¹ Source: www.heart.org/en/news/2022/08/11/health-conditions-a-dentist-might-find-that-have-nothing-to-do-with-your-teeth (Accessed November 2022).

² Source: www.health.harvard.edu/heart-health/gum-disease-and-heart-health-probing-the-link (Accessed November 2022).

³ Source: "Oral health: A window to your overall health." Mayo Clinic. Online: www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475 (Accessed November 2022).

⁴ On most standard dental plans, and based on Blue Cross and Blue Shield of North Carolina allowable schedule. Limitations may apply. Refer to your benefit booklet for details.

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