

# Preventive dental care with an in-network provider? Now, that really pays off.

Cigna Dental makes it easy.

Find a provider

## They're your benefits. Make the most of them today.

There are lots of tasks we can afford to put off until tomorrow. But when it comes to taking care of your mouth — and your money — time is of the essence.

With Cigna Dental, it's easy to make routine visits a priority.



### Here's why:

#### Catch issues early.

Regular check-ups help identify and address dental problems before they escalate. From tiny cavities to potential gum disease, early intervention can help save you from major dental work and potentially costly treatments.

#### Save on costs.

People who get regular preventive dental care pay **31% less** for future dental costs.<sup>1</sup> So if you like saving money, don't overthink it — preventive care just makes sense.

#### Smile more confidently.

A dazzling smile boosts confidence and brightens everyone's day. You can count on our network of dental providers to keep your pearly whites shining through cleanings and expert advice.



## Enhance your overall health.

Your mouth is connected to your general well-being, with potential links between oral health and conditions like heart disease and diabetes. People who get regular preventive care are also **22% less likely** to visit an emergency room or urgent care center.<sup>2</sup> Remember, when you see a dentist who is in-network, you can save on preventive care as well as specialty services. Plus, you could pay less out of pocket.

#### Preventive care is already part of your plan.<sup>3</sup>

The benefits are yours, so let's put them to use. Your smile and your wallet will thank you.

## Dental care FAQ

### Preventive care

#### What preventive dental care is included at no additional cost?

Preventive care covers routine dental exams, cleanings, X-rays and screenings for potential issues that might require additional treatment. See your plan for details.

#### How often should I have a dental check-up?

Most plans include two (2) preventive care visits per year. See your plan for details.

#### Is preventive care necessary even if I brush and floss my teeth regularly?

Absolutely! Professional cleanings remove tartar build-up that brushing and flossing can't eliminate. And routine check-ups allow your dentist to identify potentially painful and costly issues that could impact you down the road.

#### Can preventive dental care impact my overall health?

Yes, it can. Good oral health has many links to overall well-being. And regular dental visits can help detect signs of serious, systemic health issues.

#### What if I have dental anxiety?

Dental anxiety is a common reason why people avoid preventive care. Dentists understand this, so let them know about your worries. They can discuss options to make you feel more at ease and ensure you have the most comfortable experience possible.

### In-network providers

#### How is preventive care covered under my Cigna Dental plan?

With the Cigna Dental Preferred Provider Organization (DPPPO) plan, customers can select and visit any licensed in-network dentist without a referral, including specialists. Certain preventive care services are covered at little-to-no-extra cost when you use in-network dentists.<sup>4</sup> See your plan for details.

#### What are the advantages of seeing an in-network dentist for preventive care?

In-network dentists offer contracted rates with Cigna Dental, maximizing your benefits and helping you save on out-of-pocket costs.

#### What if I visit an out-of-network dentist?

You'll typically pay more out-of-pocket when using an out-of-network provider because fees are pre-established with your Cigna Dental Preferred Provider Organization (DPPPO) plan. An out-of-network dentist may also not provide you with the same level of coverage you'd get from an in-network dentist. These issues may not be too significant for an initial preventive care visit, but can become much more costly if additional care is needed.

#### How can I schedule a preventive care appointment?

Contact your dental provider to schedule an appointment. If you need a provider, simply visit [myCigna.com](#) and search "Find a provider."

## Give yourself something to smile about.

Preventive dental care with an in-network provider not only sets the foundation for a healthier smile, it can also help protect you against potential problems and unnecessarily high costs.

Don't miss out on your benefits. Get started today!

Find a provider



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1. Cigna national study of customers with dental and medical coverage, 2020.

2. Cigna national study of customers with dental and medical coverage, 2020.

3. Not all preventive services are covered, including athletic mouth guards. Refer to the policy for a complete list of covered and non-covered preventive services. Frequency limitations apply.

4. Not including all applicable annual deductibles, annual maximums, waiting periods and coinsurance payments.

This information is for educational purposes only. It is not medical advice. Always consult your doctor for appropriate examinations, testing, treatment and care recommendations. The dentists that participate in the Cigna network are independent contractors solely responsible for the treatment provided to their patients. They are not agents of Cigna.

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