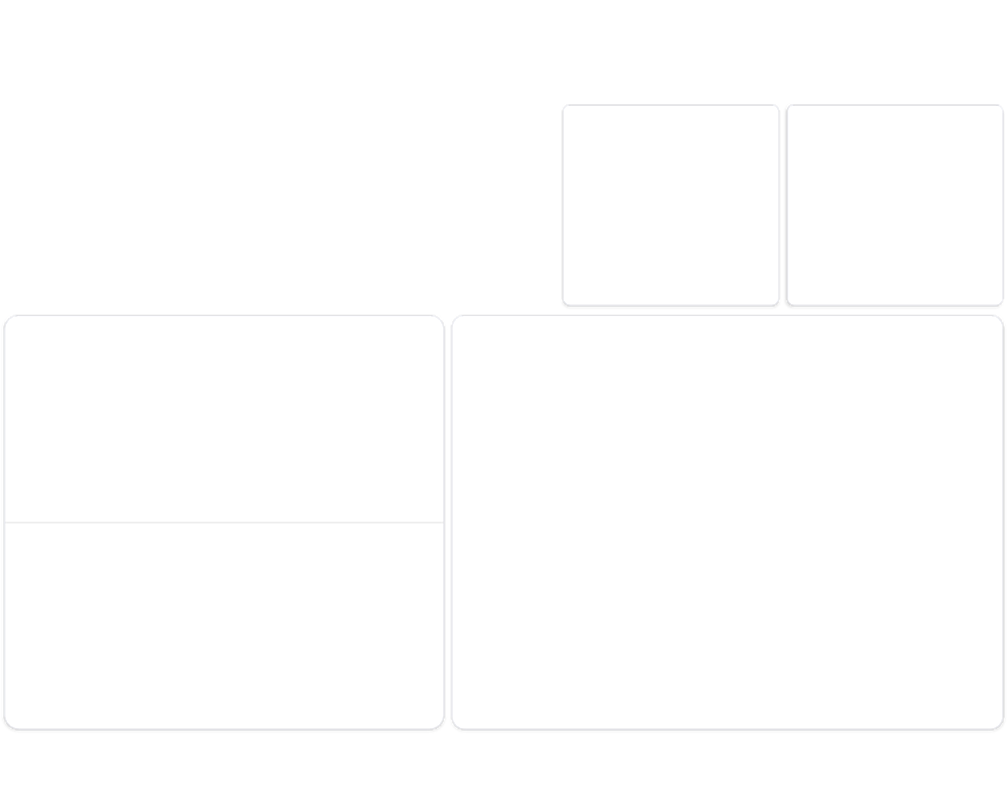


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| |  |  | | --- | --- | | PEMCO Mutual Insurance Company | Group 09038 | | |
| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | Dental Action Report  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Mary Kaden **Account Manager**    **1,062 Members** were  continuously enrolled **Q4 2022 - Q3 2023**   National Benchmark Your Oral Health Score:  **65/100**  **76th Percentile**  National benchmark data comes from Healthentic′s database of over 50 million members from all 50 states   Peer Comparison Your peers are 7 groups similar to your own, statewide:   |  |  | | --- | --- | | • | High percentage of visits in WA (your group has 94%) | | • | Insurance Carriers and Related Activities | | • | 500+ members | | | | |  | | --- | |  | |  | |  | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | Healthy   Peers 24%  63% above peers  These members had preventive care only | | |  | | --- | | Moderate   Peers 18%  22% above peers  These members primarily had preventive care and treatment | | |  | | --- | | Serious   Peers 17%  6% below peers  These members had emergency care only or extensive care | | |  | | --- | | No Visit   Peers 41%  44% below peers  These members had no dental claims | | | |  |  | | --- | --- | |  | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | Oral Health Indicators | Type of Service | % of Members With Care | | | | **Healthy Behaviors** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Oral Exams | **74** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Cleanings | **59** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Perio Maintenance\* | **63** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Sealants\*\* | **15** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Fluoride | **58** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | | | |  | | | **Tooth  Decay** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Fillings | **18** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Crowns | **10** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Root Canals | **3** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | | | |  | | | **Gum  Disease** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Non-Surgical Perio\* | **5** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Surgical Perio\* | **3** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | | | |  | | | **Tooth  Loss** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Implants\* | **4** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Dentures\*\*\* | **2** | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | | | | |  |  | | --- | --- | | Age | % of Members | | |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 0-1 |  | |  | | --- | | *NA(<4 members)* |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 2-5 | **3** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 6-8 | **3** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 9-11 | **4** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 12-15 | **7** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 16-19 | **6** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 20-34 | **15** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 35-49 | **23** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 50-64 | **33** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 65-74 | **5** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 75+ | **1** | |  | | --- | |  |  |  | | --- | |  | |  |  | | --- | |  | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | |  | Your Group |  | Peers | | | |  |  | | --- | --- | |  | Indicates ≥ 20% above or below peers | | | |  |  |  | | --- | --- | --- | | \*Age 20+ | \*\*Age 6-19 | \*\*\*Age 50+ | | | | | | | |
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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Oral Health Changes |
| One year reporting period ending Q3 2023 |
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| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | Healthy 39%411 Members | | |  | | --- | | Moderate 22%238 Members | | |  | | --- | | Serious 16%172 Members | | |  | | --- | | No Visit 23%241 Members | | |
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|  |
| Changes in the No Visit Category  |  |  |  | | --- | --- | --- | |  | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | |  | Positive | | | 19 previously *No Visit* saw a dentist and are *Healthy*22 previously *No Visit* saw a dentist and are *Moderate* | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | |  | Concerning | | | 16 previously *Healthy* have not seen a dentist.31 previously *No Visit* saw a dentist and are Serious.23 *No Visit* are new enrollees. | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | |  | Negative | | | 155 *No Visit* for two years in a row24 previously *Serious* have not seen a dentist23 previously *Moderate* have not seen a dentist | | |



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|  |
| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| No Visit Members |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | |  | Total No Visits | |  | | |  | 2 Year No Visits | | 155 members have not seen a dentist for two years and may be at increased risk · **67** are employees  · **132** are adults  · **23** are children | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | 2 Year No Visits | | |  | | --- | | Total No Visits    Peers **41%** | National Data **38%** | | | |
| |  |  | | --- | --- | |  | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | Employees   103 out of 48267 No Visit for 2 years |  | | | |  |  | | --- | --- | |  | | | Dependents age 0-19   35 out of 24223 No Visit for 2 years | Dependents age 20+   103 out of 33865 No Visit for 2 years | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | No Visit By Age  *Data may be hidden for confidentiality if an age group has fewer than 4 No Visit people.* | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | |  | | |  | | --- | | All Members | | | |  | | --- | |  | | |  | | --- | | Total No Visits | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | NA | | . | |  | |  | | 0-1 | | |  | | --- | | **4** | |  | |  | | **15%** | | 2-5 | | |  | | --- | | NA | | . | |  | |  | | 6-8 | | |  | | --- | | **4** | |  | |  | | **9%** | | 9-11 | | |  | | --- | | **10** | |  | |  | | **14%** | | 12-15 | | |  | | --- | | **14** | |  | |  | | **22%** | | 16-19 | | |  | | --- | | **59** | |  | |  | | **37%** | | 20-34 | | |  | | --- | | **69** | |  | |  | | **28%** | | 35-49 | | |  | | --- | | **63** | |  | |  | | **18%** | | 50-64 | | |  | | --- | | **13** | |  | |  | | **24%** | | 65-74 | | |  | | --- | | NA | | . | |  | |  | | 75+ | | | | | |
| Note: Age-specific metrics do not include members of an unknown age |

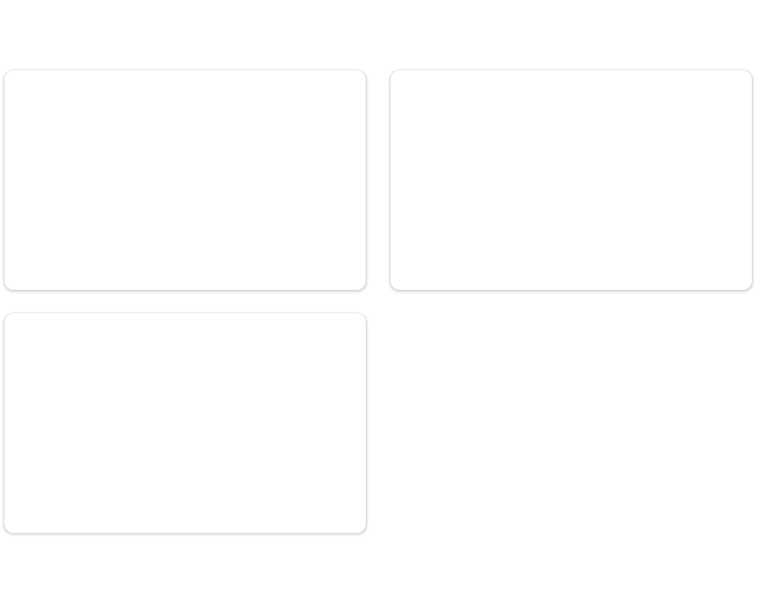
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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| The Cost of No Visits |
| It is estimated that over $45 billion is lost in productivity each year due to untreated dental disease1. In addition, members who delay care also tend to require more expensive treatment  for oral health problems when they finally return to the dentist. The five-year analysis below compares members with routine visits to members who did not see a dentist until this year.  Source: (1) <https://www.cdc.gov/chronicdisease/programs-impact/pop/oral-disease.htm> |
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| **How Much Do No Visits Cost?**  Compared to members with routine visits, the cost of previous No Visit members in the current year often increases with each additional year of no visit.  The graph below shows the average cost per member in the current year after 1 or more years of visits or no visits.   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | $1,019   |  | | --- | |  | | $331  more   |  | | --- | |  | |  | $698   |  | | --- | |  | | $283\*  more   |  | | --- | |  | |  | $705   |  | | --- | |  | | $346\*  more   |  | | --- | |  | |  | $712   |  | | --- | |  | | $416\*  more   |  | | --- | |  | | | **1** | |  | **2** | |  | **3** | |  | **4** | |   Years With or Without a Visit   |  |  |  |  | | --- | --- | --- | --- | |  | Visits |  | No Visits | | **What Types of Procedures Are Driving Costs?\***  Distribution of procedure costs in the current year after 4 years of no visits or visits   |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | No Visits     |  | | --- | | Visits | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | Tooth Decay | | Gum Disease | | Tooth Loss | | Healthy Behaviors | | | |
| \*There was not enough data to make a meaningful comparison within your group. Data reflects national benchmark. | |

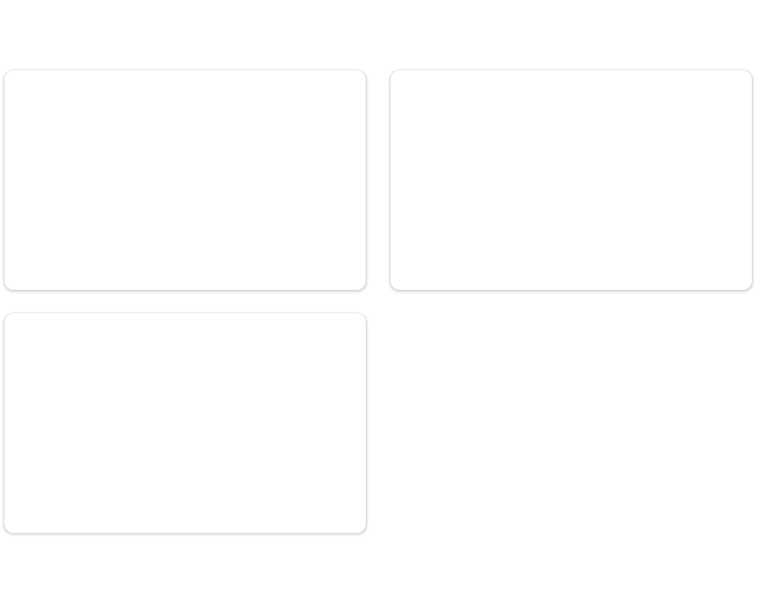
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|  |
| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| The Cost of No Visits |
| Previous No Visit members tend to require more extensive treatment for oral health issues in the current year compared to members with routine visits. The Centers for Disease Control and Prevention says this can lead to lost productivity and hours at work. The five-year analysis below compares members with routine visits to members who did not see a dentist until this year. |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **What Type of Care Do They Need?\***  Distribution of procedure counts in the current year after 4 years of no visits or visits   |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | No Visits     |  | | --- | | Visits | | |  | | --- | |  | | |  | | --- | | Tooth Decay | | Gum Disease | | Tooth Loss | | Healthy Behaviors | | | | **What Are Their Oral Health Outcomes?\***  Delaying care may increase the risk of oral health problems that have been linked to whole health concerns such as diabetes, heart disease, and Alzheimer's disease.  Distribution of members in the current year after 4 years of no visits or visits  No Visits   |  |  |  | | --- | --- | --- | |  |  |  |   Visits   |  |  |  | | --- | --- | --- | |  |  |  |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | | Healthy | Moderate | Serious | |
| \*There was not enough data to make a meaningful comparison within your group. Data reflects national benchmark. | |

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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| The Case For Prevention |
| Do Healthy Behaviors Reduce Overall Costs? For most organizations, members who get preventive care tend to have better oral health and cost less than people who don't get preventive care. The members included below regularly see a dentist (at least once a year for the last two years). This compares costs for those who received preventive care with those who did not. |
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| Oral Exams |
| |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | |  | | |  | | --- | | **Total Cost Per Member with Oral Exams** | | These members had at least one exam in the previous reporting period | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | **$686** | |  |  |  | | --- | --- | --- | | |  | | --- | |  | | $310 Less\* | | | | |  | | --- | |  | | | | | |  | | --- | |  | |  | | |  | | --- | | **Total Cost Per Member with No Oral Exams** | | These members had no exams in the previous reporting period | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | **$996** | |  |  |  | | --- | --- | --- | | |  | | --- | |  | |  | | | |  | | | | |  | | --- | | \*There was not enough data to make a meaningful comparison within your group. Data reflects national benchmark. | | | | |
| Sealants |
| |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | |  | | |  | | --- | | **Restorative Cost Per Member Aged 6-19 with Sealant Visits** | | These members had at least one sealant visit and one restorative visit in the previous reporting period | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | **$120** | |  |  |  | | --- | --- | --- | | |  | | --- | |  | | $73 Less\* | | | | |  | | --- | |  | | | | | |  | | --- | |  | |  | | |  | | --- | | **Restorative Cost Per Member Aged 6-19 with No Sealant Visits** | | These members had no sealant visits but at least one restorative visit in the previous reporting period | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | **$193** | |  |  |  | | --- | --- | --- | | |  | | --- | |  | |  | | | |  | | | | |  | | --- | | \*There was not enough data to make a meaningful comparison within your group. Data reflects national benchmark. | | | | |



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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Preventive Care Summary - Children |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Child Routine Care764 of 1,047 children had at least one routine visit  |  |  | | --- | --- | |  | Peers 68% | National Data 65% |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | 20% had one | |  | | --- | |  | | 30% had two | |  | | --- | |  | | 23% had three or more | |  | Child Continuity of Care504 of 827 children had a routine exam two years in a row  |  |  | | --- | --- | |  | Peers 68% | National Data 65% |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | 57% visited the same practice both years | |  | | --- | |  | | 4.2% changed practices | | |  | | | | Children with Fluoride282 of 1,047 children had at least two fluoride applications  |  |  | | --- | --- | |  | Peers 26% | National Data 25% |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | 26% had two | |  | | --- | |  | | 1.3% had three or more | |  | Evidence-Based Recommendations **Routine Care:** Tooth decay is the most common chronic disease of childhood. Untreated, it can cause pain, infections, and can lead to problems eating, speaking, and learning.1 Children should see a dentist at least once a year to prevent and treat oral disease.2  **Fluoride for Children:** To help reduce the risk of tooth decay, topical fluoride should be applied to children every three to six months based on risk for dental caries.3  **Continuity of Care:** Continuity of care is an important part of any health plan and dental health is no exception.2 Children who have a dental home and receive ongoing care from the same source are more likely to receive individualized preventive and routine oral health care to help reduce the risk of  preventable oral disease.4   |  |  | | --- | --- | |  | | | 1. | <https://www.cdc.gov/oralhealth/publications/features/childrens-dental-health.html> | | 2. | <https://www.mouthhealthy.org/dental-care-concerns/questions-about-going-to-the-dentist> | | 3. | <https://www.ada.org/resources/research/dental-quality-alliance/dqa-dental-quality-measures> | | 4. | <https://www.aapd.org/globalassets/media/policies_guidelines/p_dentalhome.pdf> | |  | | | |



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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Preventive Care Summary - Adults |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Adult Routine Care1,928 of 3,213 adults had at least one routine visit  |  |  | | --- | --- | |  | Peers 57% | National Data 58% |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | 14% had one | |  | | --- | |  | | 23% had two | |  | | --- | |  | | 23% had three or more | |  | Adult Continuity of Care1,142 of 2,538 adults had a routine exam two years in a row  |  |  | | --- | --- | |  | Peers 44% | National Data 43% |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | 42% visited the same practice both years | |  | | --- | |  | | 3.2% changed practices | | |  | | | | Ongoing Care for Perio144 of 258 perio members had at least two follow-up visits  |  |  | | --- | --- | |  | Peers 57% | National Data 54% |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | 29% had two | |  | | --- | |  | | 27% had three or more | |  | Evidence-Based Recommendations **Routine Care:** Adults should see a dentist at least once a year to prevent and treat oral disease.1,2 Providers may recommend more frequent visits for patients with certain conditions like periodontitis or diabetes.3,4,5  **Ongoing Care for Perio:** For patients with periodontitis, a periodontal maintenance program following active periodontal therapy can effectively reduce tooth loss and recurrence of disease.6  **Continuity of Care:** Continuity of care is an important part of any health plan and dental health is no exception. Maintaining regular dental visits can help spot dental health problems early on when treatment is likely to be simpler and more affordable, and can help prevent many problems from developing in the first place.1   |  |  | | --- | --- | |  | | | 1. | <https://www.mouthhealthy.org/dental-care-concerns/questions-about-going-to-the-dentist> | | 2. | <https://www.cdc.gov/oralhealth/basics/adult-oral-health/tips.html> | | 3. | <https://www.cdc.gov/oralhealth/conditions/periodontal-disease.html#Prevention> | | 4. | <https://www.cdc.gov/diabetes/managing/care-schedule.html> | | 5. | <https://diabetes.org/health-wellness/keeping-your-mouth-healthy> | | 6. | <https://www.ada.org/resources/research/dental-quality-alliance/dqa-dental-quality-measures> | |  | | | |

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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Healthy Behaviors |

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| |  | | --- | | Preventive procedures help reduce the development of tooth decay, tooth loss, and gum disease. | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | |  | Your Group | |  | Peers | | |

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| |  | | --- | | Preventive procedures help reduce the development of tooth decay, tooth loss, and gum disease. | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | |  | Your Group | |  | Peers | | |

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--- | --- | | |  | | --- | |  |  |  | | --- | |  | | | |  | | | 16-19 | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | | |  | | | | | | | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | |  |  | | Fluoride (Children) | | |  | | --- | | Age 0-19 | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | 79% | | had fluoride  192 of 242 members | 32% above peers | | |  | | --- | |  | | | Dentists may use topical fluoride to help prevent tooth decay. | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | |  | |  |  | | --- | --- | | 0 | 95% | | |  | |  | | --- | |  | | | 0-5 | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | | |  | | | 6-11 | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | | |  | | | 12-19 | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | | | |  | | | | | | | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | |  |  | | Fluoride (Adults) | | |  | | --- | | Age 20+ | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- 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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Tooth Decay |

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| |  | | --- | | Preventive procedures help reduce the development of tooth decay, tooth loss, and gum disease. | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | |  | Your Group | |  | Peers | | |

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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Gum Disease |

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| |  | | --- | | Risk of gum disease increases with age and can lead to tooth loss if not treated. | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | |  | Your Group | |  | Peers | | |

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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Understanding Whole Health Risks |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | |  | Gum Disease and its Links to Medical Conditions Periodontal (gum) diseases primarily result from infections and inflammation of the gums and bone that surround and support the teeth. In its early stage, gingivitis, gums can become swollen and bleed. In its more serious form, periodontitis, the gums can pull away from the tooth, bone can be lost, and the teeth may loosen or fall out. Gum disease and tooth decay are the two biggest threats to dental health. **Nearly 50% of all adults aged 30 or older have signs of gum disease**1.  Members should be educated about the complex interplay between bacterial infection and the body's immune response to infection. Studies have pointed to possible links between chronic oral health infections and diabetes, heart and lung diseases, stroke, and low-birth-weight, premature births2. Severe/progressive periodontitis is also associated with cancer, Alzheimer's disease, and dozens of other serious diseases3. Diabetes Adults 45 years or older with poorly controlled diabetes were **2.9 times more likely to have gum disease** than those without diabetes4. The likelihood was 4.6 times higher among smokers with poorly controlled diabetes4. Oral manifestations of uncontrolled diabetes can include xerostomia, burning sensation in the mouth (which may possibly be related to neuropathy), impaired/delayed wound healing, increased incidence and severity of infections, secondary infection with candidiasis; parotid salivary gland enlargement; gingivitis and/or periodontitis5. Other Chronic Diseases Having a chronic disease, such as arthritis, heart disease, stroke, emphysema, hepatitis C, or a liver condition, or being obese may increase an individual's **risk of having missing teeth and poor oral health**6. Patients with weakened immune systems, such as those infected with HIV and other medical conditions (organ transplants) and who use some medications (e.g., steroids) are at higher risk for oral problems6.   |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Pregnancy The medical and dental communities concur that maintaining **periodontal health is an important part of a healthy pregnancy**. Clinical recommendations released by the AAP and the EFP state that non‑surgical periodontal therapy is safe for pregnant women and can result in improved periodontal health7. Cancer, Tobacco Use, and e-Cigarettes Head and neck radiation and chemotherapy can cause mouth problems that range from dry mouth to life-threatening infections. Patients should **see a dentist about one month before beginning cancer treatment** to make sure their mouth is healthy8.  In addition to the risk of developing lung cancer, smokers have **twice the risk of developing gum disease** compared to non‑smokers9. More than half of severe gum disease cases in the United States may result from cigarette smoking10. **Smoking has also been linked to tooth loss**. Male smokers are up to 3.6 times more likely to lose their teeth than non‑smokers; female smokers were found to be 2.5 times more likely9.  New studies highlight how **e-cigarettes alter oral health and may be contributing to gum disease**. The latest research finds that e-cigarette users have a unique oral microbiome that is less healthy than nonsmokers but potentially healthier than cigarette smokers, and measures worsening gum disease over time11.   |  |  | | --- | --- | | Sources: | | | 1. | <https://www.cdc.gov/oralhealth/conditions/periodontal-disease.html> | | 2. | <https://www.nidcr.nih.gov/sites/default/files/2017-10/hck1ocv.%40www.surgeon.fullrpt.pdf> | | 3. | <https://pubmed.ncbi.nlm.nih.gov/32844419/> | | 4. | <http://www.diabetesincontrol.com/wp-content/uploads/PDF/ndep_diabetes_facts_2011.pdf> | | 5. | <https://www.ada.org/resources/research/science-and-research-institute/oral-health-topics/diabetes> | | 6. | <https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html> | | 7. | <https://www.sciencedaily.com/releases/2013/08/130828092310.htm> | | 8. | <https://www.nidcr.nih.gov/health-info/cancer-treatments> | | 9. | <https://periodontalhealthcenter.com/blog/covid-smoking-and-gum-disease-18536/> | | 10. | <https://pubmed.ncbi.nlm.nih.gov/10872955/> | | 11. | <https://www.sciencedaily.com/releases/2022/02/220222151907.htm> | | | | |

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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Definitions |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | **How are the four oral health categories defined?** | | **Healthy** - Received routine, preventive dental care, did not have periodontal disease, and required no further treatment.  **Moderate** - Received routine, preventive dental care, but had minor oral health conditions that were taken care of. Members with periodontal maintenance visits are in this category.  **Serious** - Had claims for either severe periodontal procedures or major restorative work like crowns and root canals. Often, Serious members had not received routine preventative care.  **No Visit** - Had no dental claims submitted of any kind for the given reporting period. | | **How many lives and which states have contributed to the Healthentic data pool?** | | We have a national database that contains more than 50 million lives total, and more than 24 million lives during the most recent year. Data represents claims from across all 50 states and includes some of the biggest corporations in the world. | | **What is a member?** | | Members are unique individuals who have been continuously enrolled for the 12-month reporting period. The report measures the number of people who have received any service, as well as people who received no service during that time. The report counts each person once for each service received. If they received the same service multiple times, they still count as just one person in the measure. | | **Why is 20% higher to 20% lower considered typical when comparing against peers?** | | 20% higher to 20% lower than peers highlights pronounced differences for evaluation. | | **What does the Oral Health Score mean?** | | The Oral Health Score reflects changes in population oral health when viewed over time. The number of members in each of the four oral health categories determines the annual score. Generally, healthier populations have higher scores. | | **How are restorative No Follow-up members identified?** | | The measure looks for people who had fillings, crowns or root canals sometime in the prior 3 years. Once they are flagged, we see if they have gone back to the dentist for a routine check-up in the current year. If they have not gone back for a routine check-up in the current year, they are counted as No Follow-up. | | **How are periodontal No Follow-up members identified?** | | The measure looks for people who had periodontal treatment sometime in the prior 4 years. Once they are flagged, we see if they have gone back to the dentist for a periodontal maintenance visit or a cleaning in the current year. If they have not gone back for a maintenance visit or a cleaning in the current year, they are counted as No Follow-up. | | **How do you define adults and children?** | | An adult is any member age 20 or older, and a child is any member age 19 or younger. | |  | |

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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Dental Action Report (DAR) Guide To Outreach |
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| Recommended Outreach Groups |
| |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | **Perio Members With 1 Year *No Follow-up***  Periodontal/gum disease is strongly linked to overall health; properly managed gum disease leads to better outcomes for key medical conditions and ultimately reduces costs and enhances productivity. *Outreach to these members to reinforce compliance with periodontal treatment follow-up requirements.*  **Children With 1 Year *No Visit***  Proper childhood oral health leads to better oral health throughout adulthood. Tooth decay is the most common chronic disease among school age children, and is totally preventable. Good oral health in childhood reduces costs, improves attendance at school and avoids parent loss of time. *Outreach to the parents of these children to remind them to get their children in for their dental preventive visits, including applying sealants and fluoride.* | | |  | | --- | | ***Serious* Members That Became *No Visit***  Catching tooth decay and gum disease issues earlier avoids extensive treatment, thereby reducing costs and improving productivity. Maintaining good oral health contributes to good overall health throughout adulthood. These members had extensive care last year, but have not gone back to the dentist this year. *Outreach to these members to encourage them to get back to the dentist, keep up with dental preventive care, and avoid future major problems.*  **Adults With 2 Years *No Visit***  Help avert emergency care that is expensive for these members. Increasing awareness of the need to get preventive oral health care may lead to better awareness of the need for preventive medical care, too. *Outreach to these members to educate them about the importance of a preventive dental check-up.* | | |

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| PEMCO Mutual Insurance Company | 1,062 Members | Q4 2022 - Q3 2023 |
| Other Outreach Groups |
| |  |  |  | | --- | --- | --- | | **1 Year *No Visit* - Adults & Children, Employees and Dependents**  Everyone should take advantage of visiting the dentist each year to upkeep their overall oral wellness and prevent future costly treatments. *Outreach to the entire population or choose specific segments to focus on.*  **2 Year *No Visit*- Adults & Children, Employees and Dependents**  Improve the oral health of people who have not sought any dental care for 2 years and may have an increased risk of expensive emergency care. Encourage them to see a dentist before major problems develop. *Outreach to the entire population or choose specific segments to focus on.*  ***Serious* Members in Current Period**  Tooth decay and extensive restorative treatments are often indications that patients may be putting off prevention until it is too late. *Outreach to these members to make sure they get the appropriate follow-up care after their serious treatment.*  **New Enrollees Who Were *No Visit* in Current Period**  People who are new to your insurance coverage might not know they can use their dental coverage, might not know how to pick a dentist, or how preventive care is covered. *Outreach to these members to make sure they start using their dental coverage.*  ***No Visit* Members Who Moved to *Serious* in Current Period**  Avoiding going to the dentist often leads to significant procedures in the future. This group had major work after not visiting the dentist in the past. *Outreach to these members to make sure they get the appropriate follow-up care after their serious treatment.*  **Perio Non-Surgical Treatment in Current Period**  Gum disease is never cured, only controlled. Patients with gum disease especially need to follow up with cleanings and periodontal maintenance in order to keep the disease at bay. *Outreach to these members to make sure they keep up with maintenance for their periodontal disease.* |  | **Perio Surgical Treatment in Current Period**  These patients had extensive surgical treatment and needed intensive treatment. *Outreach to these critical care members to make sure they get the follow-up care they need and then help them improve to a maintenance-only level of care.*  **Children (age 19 or less) with Root Canal Treatment in Current Period**  Root canal therapy in children represents extensive decay that is not typical for this population. *Outreach to these patients to ensure further extensive decay is detected and treated before the need for such serious treatment arises.*  **Restorative No Follow-up**  Once tooth decay has occurred, there is an increased risk of future problems. It's important to keep up with regular check-ups to be sure additional problems don't develop. *Outreach to these members to remind them of the importance of keeping up with their preventive care to avoid additional problems.*  **Adults with Bridges/Dentures in Current Period**  These people have recently dealt with tooth loss. This is primarily caused by gum disease. Any patient needing tooth replacement treatment needs continued follow-up to be sure their oral health is maintained. *Outreach to these members to educate them about the importance of good follow-up care to avoid any additional tooth loss.*  **Children (age 19 or less) with Restorative Treatment in Current Period**  Tooth decay in children is largely preventable, but remains the most common chronic disease of children. *Outreach to the parents of these children to remind them to get their children in for their dental preventive visits, including applying sealants and fluoride, and prevent any further tooth decay.* | |