

# Why Get Dental Coverage?



Thinking of signing up for dental benefits? Here's why you should say yes to dental.

## Take care of your teeth

- **You're more likely to visit the dentist if you have dental insurance.** Only half of people without dental coverage visit the dentist at least once a year. With coverage, that number jumps to almost 80%.<sup>1</sup>
- **Stop decay before it starts.** When you visit the dentist for regular cleanings and exams (covered at low or no cost under any dental plan), you'll cut your risk of cavities and help identify problems before they get painful and expensive.
- **Prevent serious oral health risks.** Your dentist can also catch major problems like gum disease and oral cancer.

## Stay healthy

- **Protect your teeth, protect your body.** Keeping your gums healthy can lessen the impact of systemic illness, such as diabetes, heart disease and rheumatic arthritis.
- **Identify disease early.** The mouth is a mirror, reflecting information about your whole body. Your dentist can identify signs of dozens of medical conditions with oral symptoms, from osteoporosis to acid reflux.

## Save money

- **Invest in preventive care.** Left untreated, a small cavity can balloon into a pricy problem, requiring a crown, root canal or dental implant. Dental coverage makes it easy to get the exams and cleanings you need to save you money down the road.
- **Pay less for dental needs.** From basic to major procedures, insurance lets you pay a fraction of the cost you'd have to pay if you weren't covered.
- **Don't miss out.** Did you know that employed adults lose more than 164 million hours of work each year due to oral health problems?<sup>2</sup> When you treat dental issues in time, you avoid racking up hours in unpaid leave.

## Feel better

- **Get peace of mind.** When you have dental insurance, you're prepared for the unexpected.
- **Look better.** Maintaining your dental health can improve your overall appearance and boost your confidence.

<sup>1</sup>Delta Dental Oral Health and Well-Being Survey, 2014.

<sup>2</sup>Centers for Disease Control and Prevention, 2013. Adult Oral Health. [https://www.cdc.gov/oralhealth/publications/factsheets/adult\\_oral\\_health/adults.htm](https://www.cdc.gov/oralhealth/publications/factsheets/adult_oral_health/adults.htm)

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