

A close-up photograph of a woman with blonde hair, smiling broadly while swimming in the ocean. The water is a vibrant blue-green color, and the woman's face is partially submerged, with her eyes closed and mouth open in a joyful expression. The text "Smiles for miles" is overlaid in a large, white, serif font across the middle of the image.

Smiles for miles

**See your dentist for better health
Aetna Dental® plans**

aetna®

Your dental coverage helps your whole body

Love your gums

... and good health follows. That's because gum disease is actually linked to conditions in the body, like heart disease, diabetes and even preterm birth. Why? Research says inflammation is the culprit.¹

But there's great news

Gum disease is treatable and beatable. In fact, the American Dental Association recommends regular dental checkups to keep your mouth at its healthiest. And we second it.

That's why your Aetna Dental plan covers preventive dental care. So you can take care of your mouth and body at the same time.

Prevention = protection

Routine cleanings, brushing and flossing are your best defense to beat gum disease.

See your dentist if you have:

- Bleeding, swollen or receding gums
- Mouth sores or growths
- Persistent bad breath
- Loose or shifting teeth

Your home for dental benefits

No matter what you need to do, **aetna.com** is your place to do it.

Log in to:

- Find a dentist
- Track a claim
- Print ID cards
- Send us an email

Need one-on-one help? Just call **1-800-779-3357**, Monday – Friday, 8 a.m. to 6 p.m. ET.

Healthy mouth, healthier you.
See your dentist today.

¹American Academy of Periodontology. Periodontal Disease and Systemic Health. Available at: perio.org/consumer/other-diseases. Accessed May 8, 2017.

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Preventive dental care can prevent
many health issues.

Schedule a dental visit today.
Call **1-800-779-3357**.



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