

April

Benefit Tip of the Month

SOUTHERN LAND
COMPANY

BCBS of TN Dental Insurance

Visiting the dentist for regular examinations and cleanings can help you save money now and can prevent costly services in the future. That's right! Experts say that every dollar spent on preventive dental care today can result in lower future dental treatment costs. Gum disease, also known as periodontal disease, may increase your risk for developing heart disease and diabetes.

We've listed below some of the many reasons visiting the dentist is important to oral health and your overall wellness.

- **Detect cavities early:** Your dentist can examine your teeth for cavities to help find them while they're still minor and relatively inexpensive to treat.
- **Detect gum disease early:** Many people with gum disease do not even realize they have it.
- **Detect oral cancer early:** Your dentist can examine your mouth for any irregularities that may indicate oral cancer before it becomes advanced. This is especially important for individuals that smoke or chew tobacco.
- **Check that fillings remain secure:** Your dentist can examine any fillings for surrounding decay or to determine whether any have become defective.
- **Avoid/treat bad breath or dry mouth:** Your dentist may identify and treat oral conditions that may increase your risk for these problems.
- **Review oral hygiene routines:** Your dentist and hygienist can help you establish and maintain good oral health habits at home.

Tip: Floss

Don't forget to floss! Flossing your teeth is important for your overall oral health. You should floss daily, either using regular floss or an interdental cleaner. Flossing helps to remove food particles and plaque buildup where your toothbrush cannot reach. After you finish flossing, it's important to rinse with either water or an anti-microbial mouth rinse.

Southern Land's dental plan through BCBS of TN covers preventive and diagnostic services, such as routine cleanings and x-rays at 100%, and no deductible applies. You also have coverage for basic services, such as oral surgery, and major services, such as implants. Children, up to age 19, are covered for orthodontia benefits. Visit www.bcbst.com/finddentalcare to find an in-network provider close to you and schedule your visit today!

Source:

<https://healthylearn.com/connerstrong/hc/regular-dental-care.html>

