

A photograph of two young women with long hair, smiling and laughing in a grassy field. The woman on the right has her hand near her hair. The background shows a body of water and a cloudy sky.

# Living life

**See your dentist for better health  
Aetna Dental<sup>®</sup> plans**

**aetna<sup>®</sup>**

# One extra cleaning for one healthier you

## Dental care helps your whole body

It's hard to believe, but gum disease has a strong link with diabetes and heart disease. For instance, it can make it harder to control blood sugar. Even raise the risk of heart disease.<sup>1</sup>

## Your dental plan includes a special perk

If you have diabetes or heart disease, your dental plan covers **one extra cleaning or dental visit** to treat gum disease.\*

## The right regimen

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

It helps:<sup>1</sup>

- Make diabetes easier to manage
- Fight germs and inflammation linked to other health problems

And with your extra dental visit, you can see your dentist every *four* months.

## Don't forget your eyes

Although diabetes can put you at risk for certain eye problems, your eye doctor can spot signs of disease early, for immediate treatment.

So see your doctor yearly — for clear, healthy vision for years and years to come.

## 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.**

\*This benefit may not be available in all states.

<sup>1</sup>American Academy of Periodontology. Available at [perio.org](http://perio.org). Accessed July 2017.

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