

Happy Teeth, Happy Retirement: The Art of Prevention

ACERA

Preventive dental care for seniors

Delta Dental of California for
ACERA

Oral health means much more than healthy teeth. The mouth is a mirror of health or disease.

— Oral Health in America: A Report of the Surgeon General



Dental risks as you age

- **Cavities** aren't just for kids
- Risk of **gum disease** increases starting at age 30
- **Dry mouth** tends to affect adults age 50+
- Arthritis can cause **difficulty with brushing and flossing**



Healthy mouth, healthy body

Preventive Care is Key

Take care of your teeth and gums to improve your overall wellness. Regular dental cleanings and exams can help

Top two dental problems:

1. Gum disease – Affects half of adults
2. Tooth decay – Most prevalent chronic disease in children and adults

Poor oral health may worsen:

- Diabetes
- Rheumatoid arthritis
- Heart disease and stroke
- Dementia

Basics of preventive care

1. Brushing
2. Flossing
3. Regular dental visits:
 - Cleanings
 - Exams



Why get a cleaning?

1. Prevent cavities
2. Stop tooth loss
3. Brighten your smile
4. Freshen your breath
5. Boost your overall health

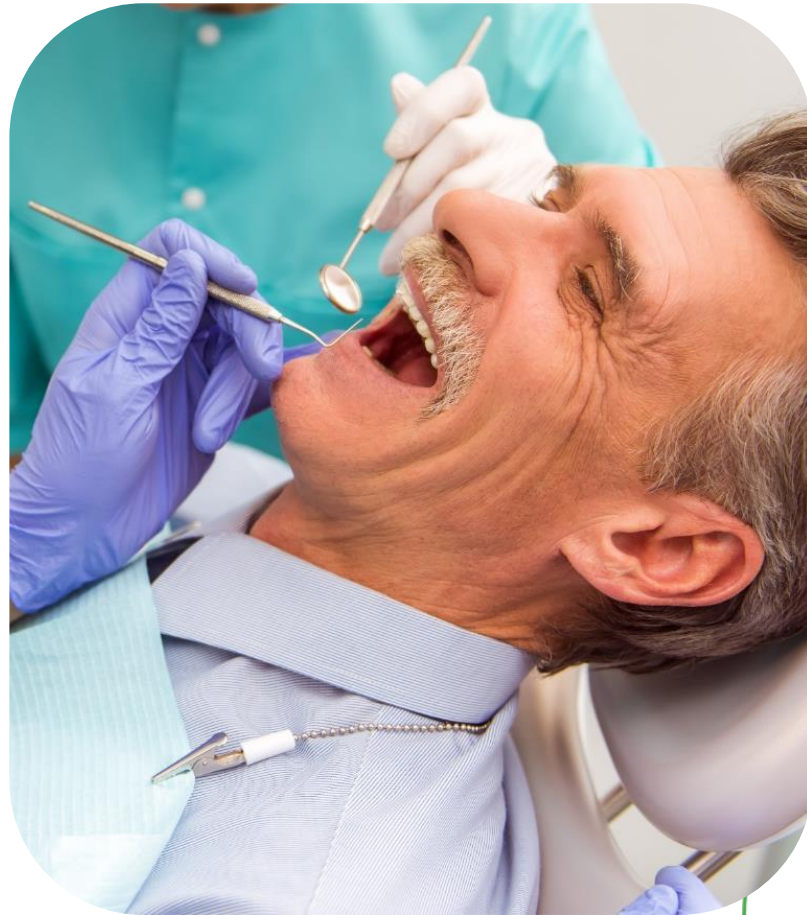


Why get a dental exam?

Identify dental problems early

Get screened for oral cancer

Catch symptoms of other diseases



Support for Chronic Conditions

Take advantage of expanded coverage if you have been diagnosed with: ALS, Cancer, Chronic kidney disease, diabetes, heart disease, HIV/AIDS, Huntington's disease, Joint replacement, Lupus, Opioid misuse and addiction, Parkinson's disease, rheumatoid arthritis Sjogren's syndrome, or stroke.

Action Needed:

You'll need to enroll in the **SmileWay Program** by calling Delta Dental's Contact Center at 888-335-8227.

Additional Coverage:

- 100% coverage for 1 scaling and root planing procedure per quadrant per year
- Four of the following per calendar year (any combo)
 - Teeth Cleaning
 - Gum maintenance



Sign up for an Online Account

Check your benefits information online

- Check your plan details: eligibility, covered services and level of benefits.
- Look up claim statements for recent dental visits.
- View or print your ID card.
- Estimate the cost of your next dental procedure.
- Submit questions to Customer Service.
- Go Paperless!



Go mobile

Download the app to have all the information you need at your fingertips



What can you do with the app?

Find a dentist	Coverage details	Electronic ID card	Cost estimator
✓	✓	✓	✓

To find the app, visit the App Store or Google Play and search for “Delta Dental.” Then download the **Delta Dental** app by Delta Dental Plans Association.



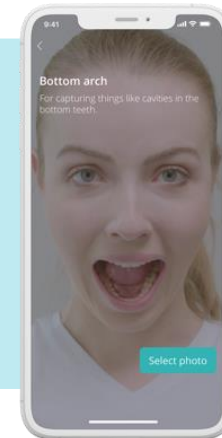
Value-added features

Virtual dentistry

Quality dental care employees need, when they need it

Photo submission

- An easy-to-use, photo-based platform
- Get answers from a Delta Dental dentist in less than 24 hours
- Ideal for a quick exam or an overall oral health evaluation



Video visit

- Schedule a face-to-face video visit from anywhere with a Delta Dental dentist
- Ideal for urgent needs, second opinions or those wanting a live video visit outside of normal office hours

BrushSmart™

A free oral wellness program exclusively for Delta Dental members

Members that sign up receive:



Instant
access to
special
offers



Unlimited
discount
redemption



Wellness
education
and
resources

Sign up is simple. Visit BrushSmart.org



Access hearing aid and LASIK discounts

Available to you and your dependents

Amplifon Hearing
Health Care
888-779-1429

62% average savings off
retail hearing aid pricing

QualSight
855-248-2020

40-50% off traditional
LASIK eye surgery



Savings to smile about

Support a healthy lifestyle with LifePerks

Access to great discounts and offers just for being a Delta Dental member.

Special offers	
Oral health	Discounts to help keep your oral health on track
Health and wellness	Get whole body health deals for fitness equipment, gym memberships and more
Lifestyle	Save big on services ranging from pet insurance, childcare and travel to financial and auto services
Travel and entertainment	Keep the whole family entertained with discounted access to movie theaters, theme parks, and vacation planning and travel services

Visit LifePerksML.lifemart.com to learn more and register.

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Boost your dental health IQ with our free e-magazine



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- grin.deltadentalins.com



Member perks

Extra features, exceptional outcomes



Virtual dentistry

Remote consultations with a dentist

BrushSmart™

Savings on home oral health care products

Hearing aids and LASIK

Discounts through Amplifon and QualSight

LifePerks

Discounts on products, services, memberships and more

Wellness resources

Online articles, recipes, videos and more



Members can learn more at
www1.deltadentalins.com/memberperks



Questions?