

# ***HEALTH BENEFITS E-NEWS***

*Department of Human Resource  
Management  
Office of Health Benefits*

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## ***Going to the Dentist May Affect Overall Good Health***

While most state health plan members see the value of dental visits, each year more than one-third of members enrolled in COVA Care, COVA HDHP and COVA HealthAware dental plans do not see a dentist for a regular checkup. Besides the risk of tooth decay and other dental issues, they are missing out on a free preventive benefit!

This lack of regular dental care leads to increased risks for long-term oral health problems. In addition to being good for your oral health, regular dental visits also have benefits for your overall health and wellness. More than 120 diseases may be first detected by a dental exam because symptoms often appear first inside the mouth.

If you are enrolled in any of these three plans, Diagnostic & Preventive dental services are covered at 100% with no deductible and do not count toward your annual maximum.

If you are enrolled in the Kaiser Permanente or Optima Health Vantage HMO, please review your plan dental benefits for coverage information.

We encourage everyone to take advantage of these important (*and free*) preventive benefits to promote good oral and overall health.

**Please share this article with employees at your agency.**

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