

Encouraging Kansans to Visit the Dentist

Example of postcards sent to members encouraging regular visits to the dentist:



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Example of Member Communications Encouraging Regular Visits to the Dentist:




HEALTHY SMILES ALL YEAR LONG

Oral wellness is the foundation for overall health, so regular visits to the dentist for checkups and cleanings are fundamental to making your smile last and preventing tooth decay and gum disease. Even if you don't have any symptoms, dental exams are important to make sure your teeth and gums stay healthy. And if problems do occur, they'll be easier to treat.

Delta Dental of Kansas | [DeltaDentalKS.com](https://www.DeltaDentalKS.com)



It's easy to smile when you feel good. It's easier to maintain good oral health habits when you have some support. LifeSmile has the answers to your dental questions and can help keep you smiling for a lifetime.

LifeSmile from Delta Dental can help you prevent disease and keep you on the path toward a healthier, happier life. For tips, tools and resources to help you improve and maintain your oral wellness and overall health throughout the year, make sure to bookmark [DeltaDentalKS.com](https://www.DeltaDentalKS.com).

See Your Dentist Right Away If:

- Gums bleed often or pull away from your teeth
- Teeth are loose or separating
- You see red or white patches on gums, tongue or mouth floor
- Mouth or jaw pain persists
- Mouth sores don't heal in two weeks
- You have problems swallowing or chewing

Help Your Dentist Help You

- See a dentist regularly. Doing so can help ensure that problems are taken care of before they become more serious and expensive.
- Choose a dentist who belongs to your plan's network. Switching from a dentist who isn't in the plan to one who is enrolled will likely save you money.
- Take advantage of any exams, teeth cleanings or X-rays your insurance may cover. Getting regular dental check-ups, such as cleanings and exams, will help prevent dental complications or worsening of dental problems such as cavities.
- Become a partner in your dental health. Tell your dentist about yourself and your concerns, and ask questions about caring for your teeth. Make sure you also understand any treatment options your dentist recommends.

 **Healthy Smiles All Year Long**

What is preventive dental care?

Preventive dental care includes actions taken by a patient to prevent against dental disease and oral health problems over their lifetime. These actions include daily brushing with a fluoride-containing toothpaste, flossing, and scheduling regular oral exams and professional cleanings.

Dental insurance plans tend to prioritize preventive dental care because of its long-term benefits. Preventive dental services are often covered at 100 percent with minimal or no out-of-pocket costs. In addition, with some plans, preventive services are not covered by deductibles.

Which services or procedures are considered preventive dentistry?

Preventive dentistry includes services provided by your dentist to reduce the risk of dental disease and oral health problems before they start.

The following dental services typically fall under the preventive dentistry umbrella:

- Diagnostic services utilized to catch signs of oral problems early include:
 - Oral evaluations (check-ups)
 - X-rays
- Professional cleanings
- Fluoride treatments, especially for children
- Sealants, which are coverings that are applied to the top surfaces of permanent teeth to help prevent decay from naturally occurring in these teeth
- Educational instruction provided by your dentist or dental hygienist, including:
 - Techniques for proper brushing, flossing and use of other oral hygiene products
 - Nutritional and/or tobacco cessation counseling

Don't Miss This Back-to-School Dental Essential

While you may be busy getting ready to send your children back to school, life will likely get even busier once school starts. This is a good time to schedule a dental visit for your children. It's not only good for their health, but it may even be required for school.

Why Screening are Important

Dental screening requirements were passed in some states to emphasize the importance of oral health to children and to prepare them for the school year. Screenings are also designed to identify which children are in need of treatment.

Screenings are also designed to identify which children are in need of treatment, lead to missed school days, lead to missed dental visits, and more. In fact, 29% of parents with kids in school said their child missed class due to an oral health issue in the past year, according to a Delta Dental survey.

Tooth decay is the most common chronic condition among American children. Early detection and treatment of dental disease can keep problems from becoming more serious and costly to treat.

Schedule a Thorough Oral Exam for Your Children

An oral health screening can be done by several health care professionals. However, a simple screening is not as thorough as a dental examination performed by a dentist.

At a dental exam, your dentist will identify any issues and recommend treatment. In addition to the exam, you can get your children's teeth

A Surprising Number of Americans Ignore this Crucial Health Check

Your dental checkup is not only good for your health, it's also good for your wallet. Preventive services, like checkups, are 100 percent covered by most dental plans. Yet, many people leave money on the table by not going to their dentist often. Here are three great reasons to keep regular checkups.

You get the most value from your benefits.

Among adults who've purchased an individual dental plan or have coverage through their employer, more than 36 percent won't have a single claim over the course of a year, including almost 45 percent of those ages 19 to 34. Those unused benefits usually don't roll over from year to year.

When you schedule regular checkups, you take advantage of this valuable benefit.

You can get easier and less expensive treatment.

Your checkup can be a smart financial move in another way, too. Catching dental issues early usually allows for easier treatment. Skipping your exams or letting a problem linger can result in more complex and expensive procedures.

You decrease your risk of disease.

Your dental checkup will usually consist of a cleaning and a thorough oral exam. The cleaning will help prevent cavities and gum disease by removing tartar and plaque buildup.

During the exam, your dentist will check for signs of oral cancer, tooth decay, gum disease, tooth grinding, alignment problems and any other issues. In addition, your dentist can detect signs of more than 120 diseases, including diabetes and heart diseases. If you have already developed an issue, your dentist will discuss treatment options with you.