



Taking charge

Your oral health is a very important part of your overall health



Better oral health reduces dental and physical health problems.

Risk factors for getting oral health diseases include:

- Low access to care
- Poor diet
- Alcohol and tobacco use
- Racial/ethnic background.

Keep your teeth, gums and body healthy!

People of different backgrounds can be at a higher risk of getting oral health diseases than others.

- Mexican American and non-Hispanic black children have a higher risk of untreated cavities.
- Blacks, non-Hispanics, and Mexican American adults (aged 20-64) have the highest risk for having untreated tooth decay. This leads to seniors suffering high rates of tooth loss.

Having a healthy mouth can lead to a healthy body.

Untreated oral health problems often lead to physical health problems. Not treating oral health problems can lead to:

- Higher risk of heart disease
- Higher risk of stroke
- Problems controlling blood sugar levels for those with diabetes (Tooth decay, gum disease, dry mouth and dental infections are common if you have diabetes.)
- Higher chance of preterm and low-weight babies.

Call 1-866-638-1232

(PA Relay: 711)

[AetnaBetterHealth.com/Pennsylvania](https://www.aetna.com/betterhealth/pennsylvania)

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Aetna Better Health® of Pennsylvania

The Pennsylvania Dental Association suggests the following:

- Give your dentist a complete health history. Include any illnesses and medication use.
- Brush your teeth twice a day with fluoride toothpaste.
- Floss daily.
- Rinse with a mouthwash that has fluoride.
- Visit your dentist regularly for a checkup and cleaning.
This helps prevent problems and finds problems early. Your dentist will also provide an oral cancer screening. This involves looking in your mouth to make sure all tissue looks normal.
- Eat a well-balanced diet.
- Drink fluoridated water.
- If you smoke, talk to your dentist about options for quitting.
 - Outreach to the Pennsylvania Free Quitline for help quitting tobacco if you use tobacco or nicotine products like chew or e-cigarettes.

Pennsylvania Free Quitline

1-877-724-1090

(In-person quit counseling)

1-800-QUIT-NOW

(Phone-based quit counseling)

Make a dental appointment!

We can help improve your oral healthcare visit. Picking the best dentist for you is the first step. The right dentist will start you on the path to better oral health.

You can choose a dentist close to you at [AetnaBetterHealth.com/Pennsylvania/find-provider](https://www.aetna.com/betterhealth/pennsylvania/find-provider).

When picking a dentist using our web provider search, you can choose the dentist's gender, race, ethnicity, and languages spoken.

Some of the reasons you may want a specific dentist include:

- Preferring a female or male
- Wanting a dentist with a similar ethnic or cultural background.

Be sure to ask your dentist:

- If it is ok to bring a family member or friend as a support for your oral healthcare needs.
- To use common language for you to understand your oral healthcare needs and medication directions.
- For written instructions as needed.

Need help?

Member Services can help you pick the best dentist for you. Just call us at **1-800-508-2072 (TTY 711)**.

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ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-385-4104 (PA Relay: 711).

ATENCIÓN: Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted. Llamar al 1-800-385-4104 (PA Relay: 711).

ВНИМАНИЕ: Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги. Позвоните по номеру 1-800-385-4104 (PA Relay: 711).