

Frequently Asked Questions About Your DHMO Dental Plan



Q: With my DHMO plan, can I visit any dentist?

A: To receive full coverage under your plan, your dental care must be provided or coordinated by your primary dental office (PDO), selected from the Concordia Plus network. If there is a dental emergency, you may seek care from any dentist.

Q: Can family members have different PDOs?

A: You and each family member covered under your DHMO plan can select a different PDO from the Concordia Plus network.

Q: How do I find a primary dental office in the Concordia Plus network?

A: You can search the Concordia Plus network by visiting **UnitedConcordia.com**. Click on **Find a Dentist**, and then select **DHMO Concordia Plus General Dentist**. If your dentist is not a part of our network, you can nominate him or her for participation. To nominate your dentist, visit the **Members** section of **UnitedConcordia.com**, select **Forms**, and click **Nominate Your Dentist**.

Q: Can I change my primary dental office (PDO) after I enroll?

A: Yes. You and your dependents can change your PDOs once a month, if you have no balance due and aren't in the middle of treatment with your current dentist.

Q: What if I need to see a specialist?

A: Your primary dentist may determine that you need a specialist's care. For specialist services to be covered, get a specialty referral form from your primary dentist, and present it with your copayment at the time of the specialty service. Certain procedures may require preauthorization.

Q: What can my dentist bill me for?

A: When you receive care from a Concordia Plus network dentist, your dentist will charge you the appropriate copayment for each service, as shown on your copayment schedule. Your DHMO plan has no deductibles or maximums, and your primary dentist will handle all the paperwork for you.

Q: What information is available online?

A: In the **Members** section of **UnitedConcordia.com**, you can access forms, frequently asked questions, a glossary of dental terms, and a dental health center with articles, brochures, videos and kids' pages. Once your plan is effective, your personal benefits information is available in our online member tool, **My Dental Benefits**. After you register, you can review details about your coverage, eligibility, network, claim status and procedure history; and print an ID card.

Q: What if I have other questions about my dental plan?

A: Questions about dental treatment should always be discussed with your dentist. For information about your benefits, visit **UnitedConcordia.com** or call Customer Service at 1-866-357-3304.

IMPORTANT INFORMATION ABOUT YOUR PLAN

- ▶ This schedule of benefits provides a listing of procedures covered by your plan. For procedures that require a copayment, the amount to be paid is shown in the column titled "Member Pays \$." You pay these copayments to the dental office at the time of service.
- ▶ You must select a United Concordia Primary Dental Office (PDO) to receive covered services. Your PDO will perform the below procedures or refer you to a specialty care dentist for further care. Treatment by an Out-of-Network dentist is not covered, except as described in the Certificate of Coverage.
- ▶ Only procedures listed on this Schedule of Benefits are Covered Services. For services not listed (not covered), You are responsible for the full fee charged by the dentist. Procedure codes and member Copayments may be updated to meet American Dental Association (ADA) Current Dental Terminology (CDT) in accordance with national standards.
- ▶ For a complete description of your plan, please refer to the Certificate of Coverage and the Schedule of Exclusions and Limitations in addition to this Schedule of Benefits.
- ▶ If you have any questions about your United Concordia dental plan, please call our Customer Service Department toll-free at 1-866-357-3304 or access our website at www.UnitedConcordia.com.

ADA Code	ADA Description	Member Pays \$	ADA Code	ADA Description	Member Pays \$
CLINICAL ORAL EVALUATIONS			ORAL PATHOLOGY LABORATORY		
D0120	Periodic Oral Evaluation - Established Patient	0	D0602	Caries Risk Assessment And Documentation, With A Finding Of Moderate Risk	0
D0140	Limited Oral Evaluation - Problem Focused	0	D0603	Caries Risk Assessment And Documentation, With A Finding Of High Risk	0
D0145	Oral Evaluation For A Patient Under 3 Years Of Age And Counseling With Primary Caregiver	0	DENTAL PROPHYLAXIS		
D0150	Comprehensive Oral Evaluation - New Or Established Patient	0	D1110	Prophylaxis, Adult	0
D0160	Detailed And Extensive Oral Evaluation - Problem Focused, By Report	0	D1120	Prophylaxis, Child	0
D0170	Re-Evaluation-Limited, Problem Focused (Established Patient; Not Post-Operative Visit)	0	TOPICAL FLUORIDE TREATMENT (office procedure)		
D0171	Re-Evaluation - Post-Operative Office Visit	0	D1206	Topical Application Of Fluoride Varnish	0
D0180	Comprehensive Periodontal Evaluation	0	D1208	Topical Application Of Flouride - Excluding Varnish	0
RADIOGRAPHS/DIAGNOSTIC IMAGING (including interpretation)			OTHER PREVENTIVE SERVICES		
D0210	Intraoral - Complete Series Of Radiographic Images	0	D1330	Oral Hygiene Instruction	0
D0220	Intraoral- Periapical First Radiographic Image	0	D1351	Sealant - Per Tooth	9
D0230	Intraoral- Periapical Each Additional Radiographic Image	0	D1353	Sealant Repair - Per Tooth	9
D0240	Intraoral - Occlusal Radiographic Image	0	SPACE MAINTENANCE (passive appliances)		
D0270	Bitewing - Single Radiographic Image	0	D1510	Space Maintainer - Fixed, Unilateral (Tooth Numbers Or Tooth Area Required)	65
D0272	Bitewings - Two Radiographic Images	0	D1515	Space Maintainer - Fixed, Bilateral	99
D0273	Bitewings - Three Radiographic Images	0	D1520	Space Maintainer - Removable, Unilateral	86
D0274	Bitewings - Four Radiographic Images	0	D1525	Space Maintainer - Removable, Bilateral	110
D0277	Vertical Bitewings - 7 To 8 Radiographic Images	0	D1555	Removal Of Fixed Space Maintainer	0
D0330	Panoramic Radiographic Image	0	AMALGAM RESTORATIONS (including polishing)		
D0340	Cephalometric Radiographic Image	0	D2140	Amalgam - One Surface, Primary Or Permanent	25
TESTS AND EXAMINATIONS			D2150	Amalgam - Two Surfaces, Primary Or Permanent	31
D0460	Pulp Vitality Tests	0	D2160	Amalgam - Three Surfaces, Primary Or Permanent	35
D0470	Diagnostic Casts	0	D2161	Amalgam - Four Or More Surfaces, Primary Or Permanent	41
ORAL PATHOLOGY LABORATORY			RESIN-BASED COMPOSITE RESTORATIONS - DIRECT		
D0601	Caries Risk Assessment And Documentation, With A Finding Of Low Risk	0	D2330	Resin-Based Composite - One Surface, Anterior	29

ADA Code	ADA Description	Member Pays \$
RESIN-BASED COMPOSITE RESTORATIONS - DIRECT		
D2331	Resin-Based Composite - Two Surfaces, Anterior	36
D2332	Resin-Based Composite - Three Surfaces, Anterior	41
D2335	Resin-Based Composite - Four Or More Surfaces Or Involving Incisal Angle (Anterior)	45
INLAY/ONLAY RESTORATIONS		
D2510	Inlay - Metallic - One Surface	259 ◆
D2520	Inlay - Metallic - Two Surfaces	279 ◆
D2530	Inlay - Metallic - Three Or More Surfaces	307 ◆
D2542	Onlay - Metallic-Two Surfaces	353 ◆
D2543	Onlay - Metallic - Three Surfaces	376 ◆
D2544	Onlay - Metallic - Four Or More Surfaces	398 ◆
CROWNS - SINGLE RESTORATIONS ONLY		
D2710	Crown-Resin-Based Composite (Indirect)	127
D2712	Crown - 3/4 Resin-Based Composite (Indirect)	138
D2740	Crown, Porcelain/Ceramic Substrate	380
D2750	Crown, Porcelain Fused To High Noble Metal	367 ◆
D2751	Crown-Porcelain Fused To Predominantly Base Metal	328
D2752	Crown, Porcelain Fused To Noble Metal	352 ◆
D2780	Crown - 3/4 Cast High Noble Metal	377 ◆
D2781	Crown - 3/4 Cast Predominantly Base Metal	377
D2782	Crown - 3/4 Cast Noble Metal	377 ◆
D2783	Crown - 3/4 Porcelain/Ceramic	377
D2790	Crown, Full Cast High Noble Metal	359 ◆
D2791	Crown - Full Cast Predominantly Base Metal	327
D2792	Crown, Full Cast Noble Metal	340 ◆
D2794	Crown-Titanium	328
D2799	Provisional Crown - Further Treatment Or Completion Of Diagnosis Necessary Prior To Final Impression	51
OTHER RESTORATIVE SERVICES		
D2910	Re-Cement Or Re-Bond Inlay, Onlay, Veneer Or Partial Coverage Restoration	17
D2915	Re-Cement Or Rebond Indirectly Fabricated Or Prefabricated Post And Core	17
D2920	Re-Cement Or Re-Bond Crown	17
D2930	Prefabricated Stainless Steel Crown - Primary Tooth	49
D2931	Prefabricated Stainless Steel Crown - Permanent Tooth	54
D2940	Protective Restoration	0
D2949	Restorative Foundation For An Indirect Restoration	0
D2950	Core Buildup Including Any Pins When Required	54
D2951	Pin Retention - Per Tooth, In Addition To Restoration	15
D2952	Post And Core In Addition To Crown, Indirectly Fabricated	100
D2953	Each Additional Indirectly Fabricated Post - Same Tooth	53
D2954	Prefabricated Post And Core In Addition To Crown	65
D2957	Each Additional Prefabricated Post - Same Tooth	36
D2970	Temporary Crown (Fractured Tooth)	93

ADA Code	ADA Description	Member Pays \$
OTHER RESTORATIVE SERVICES		
D2971	Additional Procedures To Construct New Crown Under Existing Partial Denture Framework	25
PULP CAPPING		
D3110	Pulp Cap - Direct (Excluding Final Restoration)	0
D3120	Pulp Cap - Indirect (Excluding Final Restoration)	0
PULPOTOMY		
D3220	Therapeutic Pulpotomy (Excluding Final Restoration)	34
D3221	Pulpal Debridement, Primary And Permanent Teeth	33
D3222	Partial Pulpotomy For Apexogenesis-Permanent Tooth With Incomplete Root Development	34
ENDODONTIC THERAPY ON PRIMARY TEETH		
D3230	Pulpal Therapy (Resorbable Filling)-Anterior, Primary Tooth (Excluding Final Restoration)	48
D3240	Pulpal Therapy (Resorbable Filling)-Posterior, Primary Tooth (Excluding Final Restoration)	56
ENDODONTIC THERAPY (including treatment plan, clinical procedures and follow-up care)		
D3310	Endodontic Therapy, Anterior Tooth (Excluding Final Restoration)	127
D3320	Endodontic Therapy, Bicuspid Tooth (Excluding Final Restoration)	152
D3330	Endodontic Therapy, Molar (Excluding Final Restoration)	202
ENDODONTIC RETREATMENT		
D3346	Retreatment Of Previous Root Canal Therapy - Anterior	115
D3347	Retreatment Or Previous Root Canal Therapy - Bicuspid	198
D3348	Retreatment Of Previous Root Canal Therapy - Molar	318
APICOECTOMY/PERIRADICULAR SERVICES		
D3410	Apicoectomy - Anterior	131
D3421	Apicoectomy - Bicuspid (First Root)	208
D3425	Apicoectomy - Molar (First Root)	222
D3426	Apicoectomy (Each Additional Root)	82
D3427	Periradicular Surgery Without Apicoectomy	222
D3450	Root Amputation - Per Root	117
OTHER ENDODONTIC PROCEDURES		
D3920	Hemisection (Including Any Root Removal) Not Including Root Canal Therapy	99
D3950	Canal Preparation And Fitting Of Preformed Dowel Or Post	0
SURGICAL SERVICES (including usual postoperative care)		
D4210	Gingivectomy Or Gingivoplasty - Four Or More Contiguous Teeth Or Tooth Bounded Spaces Per Quadrant	89
D4211	Gingivectomy Or Gingivoplasty - One To Three Contiguous Teeth Or Tooth Bounded Spaces Per Quadrant	40
D4212	Gingivectomy Or Gingivoplasty To Allow Access For Restorative Procedure, Per Tooth	0
D4240	Gingival Flap Procedure, Including Root Planing - Four Or More Contiguous Teeth Or Tooth Bounded Spaces Per Quadrant	118

ADA Code	ADA Description	Member Pays \$
SURGICAL SERVICES (including usual postoperative care)		
D4241	Gingival Flap Procedure, Including Root Planing - One To Three Contiguous Teeth Or Tooth Bounded Spaces Per Quadrant	51
D4245	Apically Positioned Flap	154
D4249	Clinical Crown Lengthening-Hard Tissue	187
D4260	Osseous Surgery (Including Elevation Of A Full Thickness Flap And Closure) – Four Or More Contiguous Teeth Or Tooth Bounded Spaces Per Quadrant	227
D4261	Osseous Surgery (Including Elevation Of A Full Thickness Flap And Closure) – One To Three Contiguous Teeth Or Tooth Bounded Spaces Per Quadrant	94
D4274	Distal Or Proximal Wedge Procedure (When Not Performed In Conjunction With Surgical Procedures In The Same Anatomical Area)	134

NON-SURGICAL PERIODONTAL SERVICES		
D4341	Periodontal Scaling And Root Planing - Four Or More Teeth Per Quadrant	61
D4342	Periodontal Scaling And Root Planing - One To Three Teeth Per Quadrant	27
D4355	Full Mouth Debridement To Enable Comprehensive Evaluation And Diagnosis	26
D4381	Localized Delivery Of Antimicrobial Agents Via Controlled Release Vehicle Into Diseased Crevicular Tissue, Per Tooth	100

OTHER PERIODONTAL SERVICES		
D4910	Periodontal Maintenance	35
D4921	Gingival Irrigation - Per Quadrant	25

COMPLETE DENTURES (including routine post delivery care)		
D5110	Complete Denture - Maxillary	384
D5120	Complete Denture - Mandibular	384
D5130	Immediate Denture - Maxillary	402
D5140	Immediate Denture - Mandibular	402

PARTIAL DENTURES (including routine post-delivery care)		
D5211	Maxillary Partial Denture - Resin Base (Including Any Conventional Clasps, Rests And Teeth)	320
D5212	Mandibular Partial Denture - Resin Base (Including Any Conventional Clasps, Rests And Teeth)	376
D5213	Maxillary Partial Denture - Cast Metal Framework With Resin Denture Bases (Including Any Conventional Clasps, Rests And Teeth)	424
D5214	Mandibular Partial Denture - Cast Metal Framework With Resin Denture Bases (Including Any Conventional Clasps, Rest And Teeth)	422
D5225	Maxillary Partial Denture - Flexible Base (Including Any Clasps, Rests And Teeth)	486
D5226	Mandibular Partial Denture - Flexible Base (Including Any Clasps, Rests And Teeth)	483
D5281	Removable Unilateral Partial Denture-One Piece Cast Metal (Including Clasps)	264

ADJUSTMENTS TO DENTURES		
D5410	Adjust Complete Denture - Maxillary	21
D5411	Adjust Complete Denture - Mandibular	21
D5421	Adjust Partial Denture - Maxillary	22
D5422	Adjust Partial Denture - Mandibular	22

REPAIRS TO COMPLETE DENTURES

ADA Code	ADA Description	Member Pays \$
REPAIRS TO COMPLETE DENTURES		
D5510	Repair Broken Complete Denture Base	36
D5520	Replace Missing Or Broken Teeth-Complete Denture (Each Tooth)	33

REPAIRS TO PARTIAL DENTURES		
D5610	Repair Resin Denture Base	35
D5620	Repair Cast Framework	39
D5630	Repair Or Replace Broken Clasp	41
D5640	Replace Broken Teeth-Per Tooth	33
D5650	Add Tooth To Existing Partial Denture	40
D5660	Add Clasp To Existing Partial Denture	45
D5670	Replace All Teeth And Acrylic On Cast Metal Framework (Maxillary)	274
D5671	Replace All Teeth And Acrylic On Cast Metal Framework (Mandibular)	272

DENTURE REBASE PROCEDURES		
D5710	Rebase Complete Maxillary Denture	105
D5711	Rebase Complete Mandibular Denture	105
D5720	Rebase Maxillary Partial Denture	102
D5721	Rebase Mandibular Partial Denture	102

DENTURE RELINE PROCEDURES		
D5730	Reline Complete Maxillary Denture (Chairside)	65
D5731	Reline Complete Mandibular Denture (Chairside)	65
D5740	Reline Maxillary Partial Denture (Chairside)	60
D5741	Reline Mandibular Partial Denture (Chairside)	60
D5750	Reline Complete Maxillary Denture (Laboratory)	88
D5751	Reline Complete Mandibular Denture (Laboratory)	88
D5760	Reline Maxillary Partial Denture (Laboratory)	85
D5761	Reline Mandibular Partial Denture (Laboratory)	84

OTHER REMOVABLE PROSTHETIC SERVICES		
D5850	Tissue Conditioning, Maxillary	43
D5851	Tissue Conditioning, Mandibular	43

FIXED PARTIAL DENTURE PONTICS		
D6205	Pontic - Indirect Resin Based Composite	315
D6210	Pontic-Cast High Noble Metal	355
D6211	Pontic-Cast Predominatly Base Metal	325
D6212	Pontic-Cast Noble Metal	340
D6214	Pontic - Titanium	326
D6240	Pontic-Porcelain Fused To High Noble Metal	355
D6241	Pontic-Porcelain Fused To Predominantly Base Metal	314
D6242	Pontic-Porcelain Fused To Noble Metal	342
D6245	Pontic - Procelain/Ceramic	315

FIXED PARTIAL DENTURE RETAINERS - INLAYS/ONLAYS		
D6610	Onlay - Cast High Noble Metal, Two Surfaces	350
D6612	Onlay - Cast Predominantly Base Metal, Two Surfaces	350
D6614	Onlay - Cast Noble Metal, Two Surfaces	350

FIXED PARTIAL DENTURE RETAINERS - CROWNS		
D6710	Crown - Indirect Resin Based Composite	321
D6740	Crown - Porcelain/Ceramic	321

ADA Code	ADA Description	Member Pays \$	
FIXED PARTIAL DENTURE RETAINERS - CROWNS			
D6750	Crown, Porcelain Fused To High Noble Metal	359	◆
D6751	Crown - Porcelain Fused To Predominantly Base Metal	320	
D6752	Crown, Porcelain Fused To Noble Metal	345	◆
D6780	Crown, 3/4 Cast High Noble Metal	350	◆
D6781	Crown - 3/4 Cast Predominantly Base Metal	350	
D6782	Crown - 3/4 Cast Noble Metal	350	◆
D6783	Crown - 3/4 Porcelain/Ceramic	350	
D6790	Crown, Full Cast High Noble Metal	356	◆
D6791	Crown, Full Cast Predominantly Base Metal	317	
D6792	Crown, Full Cast Noble Metal	347	◆
D6794	Crown - Titanium	317	
OTHER FIXED PARTIAL DENTURE SERVICES			
D6930	Re-Cement Or Re-Bond Fixed Partial Denture	40	
EXTRACTIONS (includes local anesthesia, suturing, if needed, and routine postoperative care)			
D7111	Extraction, Coronal Remnants - Deciduous Tooth	10	
D7140	Extraction, Erupted Tooth Or Exposed Root (Elevation And/Or Forceps Removal)	26	
SURGICAL EXTRACTIONS (includes local anesthesia, suturing, if needed, and routine postoperative care)			
D7210	Surgical Removal Of Erupted Tooth Requiring Removal Of Bone And/Or Sectioning Of Tooth, And Including Elevation Of Mucoperiosteal Flap If Indicated	56	
D7220	Removal Of Impacted Tooth - Soft Tissue	85	
D7230	Removal Of Impacted Tooth - Partially Bony	113	
D7240	Removal Of Impacted Tooth - Completely Bony	131	
D7241	Removal Of Impacted Tooth - Completely Bony, With Unusual Surgical Complications	126	
D7250	Surgical Removal Of Residual Tooth Roots (Cutting Procedure)	63	
D7251	Coronectomy-Intentional Partial Tooth Removal	131	
OTHER SURGICAL PROCEDURES			
D7280	Surgical Access Of An Unerupted Tooth	112	
D7283	Placement Of Device To Facilitate Eruption Of Impacted Tooth	33	
D7288	Brush Biopsy - Transepithelial Sample Collection	45	
ALVEOLOPLASTY (surgical preparation of ridge for dentures)			
D7310	Alveoloplasty In Conjunction With Extractions - Four Or More Teeth Or Tooth Spaces, Per Quadrant	58	
D7320	Alveoloplasty Not In Conjunction With Extractions - Four Or More Teeth Or Tooth Spaces, Per Quadrant	71	
D7321	Alveoloplasty Not In Conjunction With Extractions - One To Three Teeth Or Tooth Spaces, Per Quadrant	33	
OTHER REPAIR PROCEDURES			
D7960	Frenulectomy - Also Known As Frenectomy Or Frenotomy - Separate Procedure Not Incidental To Another Procedure	103	
D7963	Frenuloplasty	53	
LIMITED ORTHODONTIC TREATMENT			
D8010	Limited Orthodontic Treatment Of Primary Dentition	642	

ADA Code	ADA Description	Member Pays \$	
LIMITED ORTHODONTIC TREATMENT			
D8020	Limited Orthodontic Treatment Of Transitional Dentition	813	
D8030	Limited Orthodontic Treatment Of Adolescent Dentition	1144	
D8040	Limited Orthodontic Treatment Of The Adult Dentition	989	
INTERCEPTIVE ORTHODONTIC TREATMENT			
D8050	Interceptive Orthodontic Treatment Of Primary Dentition	945	
D8060	Interceptive Orthodontic Treatment Of Transitional Dentition	1391	
COMPREHENSIVE ORTHODONTIC TREATMENT			
D8070	Comprehensive Orthodontic Treatment Of Transitional Dentition	3388	
D8080	Comprehensive Orthodontic Treatment Of Adolescent Dentition	3667	
D8090	Comprehensive Orthodontic Treatment Of Adult Dentition	3757	
MINOR TREATMENT TO CONTROL HARMFUL HABITS			
D8210	Removable Appliance Therapy For Control Of Harmful Habits	464	
D8220	Fixed Appliance Therapy For Control Of Harmful Habits	570	
OTHER ORTHODONTIC SERVICES			
D8680	Orthodontic Retention (Removal Of Appliances, Construction And Placement Of Retainer(S))	368	
UNCLASSIFIED TREATMENT			
D9110	Palliative (Emergency) Treatment Of Dental Pain, Minor Procedures	0	
PROFESSIONAL CONSULTATION			
D9310	Consultation - Diagnostic Service Provided By Dentist Or Physician Other Than Requesting Dentist Or Physician	37	
PROFESSIONAL VISITS			
D9430	Office Visit For Observation (During Regularly Scheduled Hours) - No Other Services Performed	0	
MISCELLANEOUS SERVICES			
D9931	Cleaning And Inspection Of A Removable Appliance	15	
D9986	Broken Appointment Per 15 Minutes (Without 24-Hour Notice)	15	
D9987	Cancelled Appointment Per 15 Minutes (Without 24-Hour Notice)	15	
FOOTNOTES			
◆	Charges for the use of precious (high noble) or semi precious (noble) metal are not included in the copayment for crowns, bridges, pontics, inlays and onlays. The decision to use these materials is a cooperative effort between the provider and the patient, based on the professional advice of the provider. Providers are expected to charge no more than an additional \$125 for these materials.		

Eating Habits of Healthy Smiles

Good nutrition doesn't just benefit your body—it can keep your teeth and gums healthier, too! That's because the mouth is the initial point of contact for everything you consume. Poor eating habits can lead to gum disease and tooth decay, while smart food choices can create healthier smiles.

Here are some tips on eating for good oral wellness.

1. Choose nutritious foods.

The sugar in junk food mixes with bacteria in your mouth, which creates acid and can wear down tooth enamel. Eventually, this can lead to cavities. The next time you find yourself craving chips or cookies, reach for something nutritious instead. Fruit, veggies, yogurt and cheese contain calcium and other nutrients that help strengthen teeth and protect them from decay.

2. Drink water, not soda.

Soft drinks and other sweet beverages coat the teeth with sugar, which promotes cavities. Water helps to neutralize acid and rinse away food particles, protecting teeth from decay. It also hydrates the rest of your body.

3. Eat sweets in moderation.

Hard candy can damage enamel and leave your teeth vulnerable to fractures and chips. Sticky pastries, other sweets and even dried fruit can lodge in tooth crevices and can loosen dental work. All contain sugar, which can lead to cavities. If you do indulge in sweets, do so right after a meal, when your mouth is producing extra saliva that breaks down harmful acids and rinses away sugar.





4. Don't chew ice.

Chewing ice can cause fractures, cracks and chips, which can make teeth more sensitive and lead to further damage. It can also hurt existing dental work. If you have to chew, choose sugar-free gum instead.

5. Limit alcohol consumption.

Excessive drinking can reduce saliva flow, which can lead to dehydration and dry mouth, leaving you vulnerable to tooth decay, gum disease and mouth cancer. It's just not worth it!

Oral wellness isn't just about how you take care of your mouth... it's also about what you put in it! Maintaining healthy eating habits and good oral care keeps you healthy in many other ways.

See videos and oral health tips at the Dental Health Center at UnitedConcordia.com

Additional related information can be found on the websites of the Academy of General Dentistry, www.agd.org, and the American Dental Association, www.ada.org; and in *Oral Health in America: A Report of the Surgeon General*, 2000.

Oral Health in Every Stage of Life

Whether you're a kid, a senior or somewhere in between, maintaining good oral care keeps you healthier in many other ways. Brushing, flossing and regular dental checkups are the cornerstones of a healthy smile. Here are some other tips for oral wellness at any age.

Babies & Toddlers

Teaching children good oral hygiene at an early age leads to lifelong oral health. When your baby's teeth start to come in, wipe the gums with a clean, moist washcloth and graduate to brushing with a child-size toothbrush. The first dental visit should take place within six months after the first tooth appears, no later than a child's first birthday.

Common Oral Health Concerns

- **Baby bottle tooth decay.** Never put baby to bed with a bottle, or use a bottle as a pacifier—both of which can lead to tooth decay.
- **Thumb sucking.** Thumb sucking after permanent teeth come in can cause problems with bite and tooth alignment.
- **Fluoride.** Infants and toddlers who don't get proper amounts of fluoride may be at risk for tooth decay.



Kids & Teens

Most kids start to lose baby teeth by age six or seven. Make sure your child has regular dental checkups, and is receiving the proper amount of fluoride to help prevent tooth decay. Another measure to protect his or her smile is sealants, a plastic coating that guards against cavities.

For an image-conscious teen, looking their best is important and a bright smile is a big part! The general eating habits of most teens can put them at risk of tooth decay and other oral health problems. Encourage healthy smiles in older kids and teens by encouraging them to carry a travel-sized toothbrush, chew sugar-free gum, drink plenty of water and snack on healthy foods. If your teen is active in sports consider having him or her wear a mouth guard to protect against injury.

Common Oral Health Concerns

- **Malocclusion.** Crowded or crooked teeth and jaw misalignment becomes most noticeable between the ages of 6 and 12.
- **Braces.** This common orthodontic treatment not only straightens teeth, but can also correct bite—making it easier to eat, speak and keep teeth and gums clean.
- **Wisdom teeth.** These typically come in during the late teens, and may need to be removed so they don't crowd teeth, cause pain or become infected.

Adults

Oral care is just as important to you now as it was when you were a child. Neglected teeth and gums can lead to infection, tooth loss and the wearing down of tissue and bone. Daily brushing and flossing can prevent these issues and keep teeth and gums healthy.

Common Oral Health Concerns

- **Gum disease.** The buildup of plaque and tartar can harbor bacteria that lead to gingivitis and if not treated, periodontitis. It's important to get treated as soon as possible.
- **Teeth grinding.** Also called bruxism, it often occurs unconsciously while you sleep and can cause serious damage to your teeth and jaw.
- **Root canals.** If a cavity is too deep to fill, a root canal may be required. During this treatment, the tooth's soft core is removed and the root canal is cleaned and sealed to prevent decay.

Seniors

Maintaining a healthy mouth in your senior years can stave off oral infections that may be associated with heart disease, pneumonia and other health problems common in older adults. Regular dental visits can help keep your mouth healthy, even if you have dentures.

Common Oral Health Concerns

- **Medications and cavities.** Medication can cause dry mouth, which can lead to tooth decay and other oral problems because saliva isn't around to keep plaque and infections at bay.
- **Gum disease.** The first stage of gum disease is called gingivitis, which is reversible. Left untreated, gingivitis may progress to a more destructive form called periodontitis.
- **Mouth cancer.** Early stages of oral cancer often go unnoticed because there is no pain. Watch for open sores, white or reddish patches and changes in the tongue and cheek lining that last more than two weeks.

Your oral health involves much more than teeth and gums—it's essential to your general health and wellbeing! Follow our simple tips for healthy smiles in all stages of your life.

See videos and oral health tips at the Dental Health Center at UnitedConcordia.com

Additional related information can be found on the websites of the Academy of General Dentistry, www.agd.org, and the American Dental Association, www.ada.org; and in *Oral Health in America: A Report of the Surgeon General*, 2000.