



The connection between oral health and overall health is clear. From heart disease to diabetes and oral cancer to premature births, dental care has an impact on total health and well-being.

For example, periodontal (gum) disease has been associated with a higher overall rate of heart disease, while the treatment of periodontal disease has been shown to improve the control of blood sugar levels in diabetics. Pregnant women with periodontal disease may be seven times more likely to deliver preterm low-birthweight babies, but the right dental treatment may cut their risk by 70 percent.

Diabetes

- A 2014 study of Blue Cross Blue Shield of Massachusetts' membership showed that medical costs increased more than \$76 per member per month among diabetics with untreated oral health issues
- A Columbia University study found that periodontal care had a positive effect on the cost of medical care in a two-year study for diabetes and coronary artery disease (CAD)

Coronary Artery Disease (CAD)

- The risk for heart disease in people with untreated periodontal disease increases up to two-fold
- A 2014 study of Blue Cross Blue Shield of Massachusetts' membership showed approximately \$408 per member per month increases in medical costs among members with concurrent CAD and untreated oral health issues

Preterm Low-Birthweight Pregnancies (PTLBW)

- Women with periodontal disease experienced a seven-fold increase in preterm low-birthweight babies
- If treated with non-surgical periodontal treatment (deep cleaning, scaling, and root planing) the increased risk of PTLBW may be reduced by as much as 70 percent

Oral Cancer

- Each year, approximately 30,000 people will be diagnosed with oral cancer in the U.S.
- Periodic dental exams can lead to early detection of oral cancer and improve outcomes
- Fluoride treatments may reduce the risks of side effects from previous oral cancer treatment.

Blue Cross Blue Shield of Massachusetts—The Brand Name You Can Trust

Blue Cross Blue Shield of Massachusetts is an Industry Leader in integrating both medical and dental disease management through “Member Centric Condition Specific Benefit” or more commonly know as Personalized Health care. We are committed to deepening our “Total Health Solution” proposition, along with improving our members’ overall health.

Future Medical Cost Trends May Be Reduced by Leveraging Dental Benefit Cost

Total Health Solutions

- Identification of affected members
- Focused outreach to these members
- Education through Disease Management programs
- Condition-specific enhanced benefits

Enhanced Benefits is the latest in our commitment to improve members' overall health. It offers members with diabetes, coronary artery disease, oral cancer, or those who are pregnant the following services*:

Condition	One Cleaning or Periodontal maintenance visit every 3 months	Periodontal Scaling once per quadrant every 24 months*	Oral Cancer screening once every 6 months	Fluoride treatment every 3 months
Diabetes	■	■		
Coronary Artery Disease	■	■		
Pregnancy	■	■		
Oral Cancer	■		■	■

* Periodontal maintenance and scaling available on plans that offer periodontal benefits.

Enhanced benefits are paid at 100 percent and are not subject to deductibles, co-insurance, or calendar year maximums when performed by a participating or preferred dental provider.