

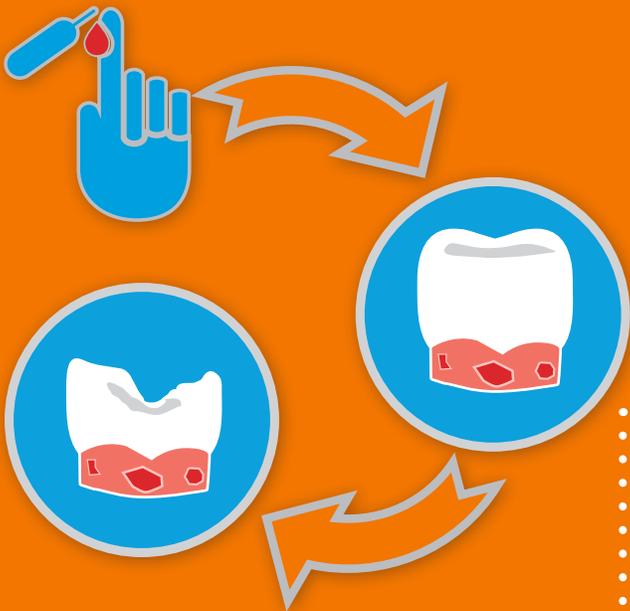
healthy smile, happy body

Are people who smile all the time really as happy as they look? We think so. **Happier. Healthier. And more confident.**

Good oral care can provide years of healthy smiles, and it's a whole lot easier with dental insurance.

the mouth and body connection

Most people understand that brushing and flossing can ward off gum disease, eliminate bad breath and keep you flashing those pearly whites. But did you know that oral wellness plays a huge role in your overall physical wellness?



People with diabetes and inadequate blood sugar control **tend to develop periodontal disease more often, and more severely.** Unfortunate results – poor gum tissue, broken teeth, or even loss of permanent teeth.*



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make it easy on your budget

Dental insurance is just as important to a lifetime of good health as your medical plan. That's why your employer makes dental benefits available to you.

When you elect dental benefits and visit your dentist regularly, you're less likely to need more serious, and costly, procedures in later years.

better care for better health

Dental exams and professional cleanings work to eliminate bacteria and plaque that can be released into the bloodstream, causing or complicating medical issues like coronary heart disease, stroke and diabetes.* The connection between poor oral health and systemic disease is very real.

* SOURCE: American Dental Association 2014

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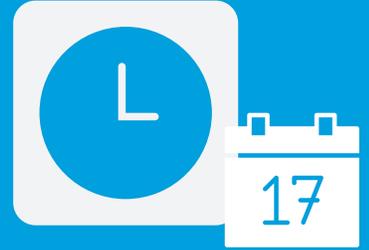


if you have children, it's never too soon to start good oral care habits.



schedule regular appointments

Read up on your plan's preventive care allowance, and the frequency. If your plan covers TWO preventive visits per year, be sure to schedule both appointments for you and the entire family - with calendar in hand. For many families, back-to-school and spring break seasons include pre-scheduled visits to the dentist.



Don't leave this preventive money on the table. Maximize your coverage, and keep these appointments. It may pay off down the road.

elect dental coverage for yourself and for your family

Make an investment now in your kids' smiles. By starting early, you teach kids to maintain a healthy mouth and spare them a lifetime of painful procedures.

Ask your dentist about supplemental fluoride, dental sealants, and spacers for your children



The American Dental Association recommends dental wellness checkups every six months.



Most preventive dental coverage typically pays 80% of the exam, xrays and cleanings, if not 100% of checkup fees. With coverage like this, you can't afford NOT to visit the dentist!

maximize your dental benefits

Before your enrollment deadline, give dental insurance some serious thought. You owe it to yourself to take a closer look at how your dental plan works. It just might make you smile!

To learn more about the value and savings dental insurance provides, or to find a provider close to you, visit ameritasinsight.com.



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