



# BlueCare Dental Connection<sup>SM</sup>

Something to Smile About



Good dental care can give you more than just a nice smile. Taking care of your dental health may help your overall health. Research conducted by the U.S. Department of Health and Human Services suggests that problems with your teeth and gums could be associated with other health conditions, including diabetes and heart disease.

That's why Blue Cross and Blue Shield of Illinois (BCBSIL) provides BlueCare Dental Connection to members with both medical and dental plans. BlueCare Dental Connection offers educational information and outreach to help you make informed decisions about your dental care. All members and their dependents with both medical and dental coverage from BCBSIL are automatically enrolled in BlueCare Dental Connection, which offers the following programs.

## Programs to Improve Dental Health

According to the Centers for Disease Control and Prevention, nearly half of all children in the U.S. get tooth decay. Sealants are a good preventive tool. Our Decay Management Program provides parents with details about sealants and other tips to help stop problems before they start.

Research also estimates that almost 80 percent of adults in the U.S. have some form of periodontal (gum) disease, according to the National Institute of Dental and Craniofacial Research. Our Periodontal Disease Management Program offers information about this disease to members who have been diagnosed with it. The program describes how this condition might be related to other health risks. It also reminds members about the benefits of regular cleanings by a dentist to help prevent this condition.

## Programs to Boost Overall Health

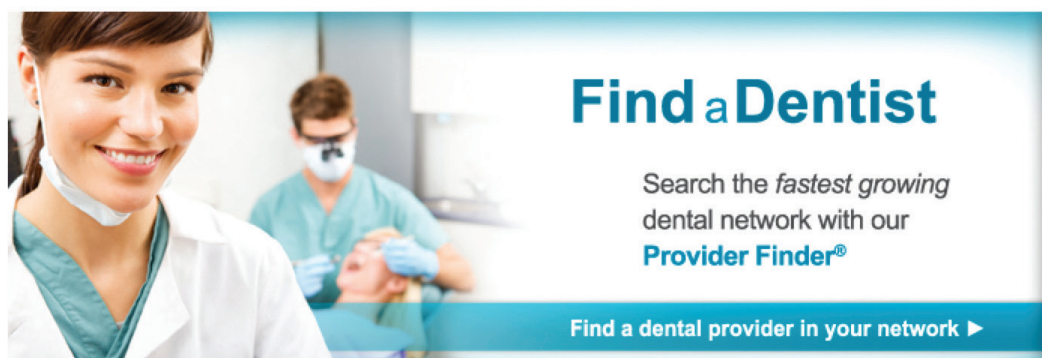
Studies have shown possible links between gum disease and:

- Diabetes
- Heart disease
- Stroke
- Preterm and low birth weight babies

Members with gum disease can learn about this disease's link to other medical conditions from BlueCare Dental Connection educational mailings.

Brush and floss daily. And don't forget regular professional cleanings.

<a href="#">Provider Finder</a>	<a href="#">Dental Cost Advisor</a>	<a href="#">Ask a Dentist</a>	<a href="#">Animations</a>	<a href="#">Dental Dictionary</a>	<a href="#">Dental PPO Savings</a>	<a href="#">Dental Health Topics</a>
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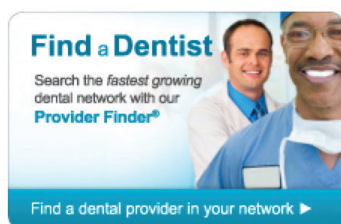
## Find a Dentist

Search the *fastest growing* dental network with our **Provider Finder®**

[Find a dental provider in your network ►](#)

**Wellness Brochures**

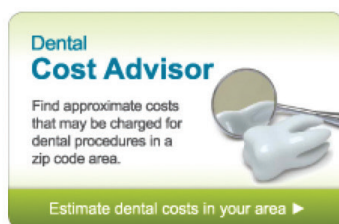
- [Healthy Heart](#)
- [Expectant and New Mothers](#)
- [Periodontal \(Gum\) Disease](#)
- [Managing Diabetes](#)
- [Dental Sealants](#)
- [Children's Dental Activity Booklet](#)



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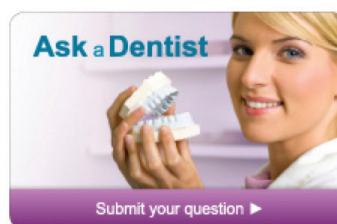
[Find a dental provider in your network ►](#)



**Dental Cost Advisor**

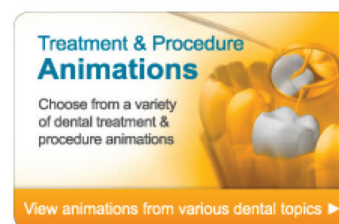
Find approximate costs that may be charged for dental procedures in a zip code area.

[Estimate dental costs in your area ►](#)



**Ask a Dentist**

[Submit your question ►](#)



**Treatment & Procedure Animations**

Choose from a variety of dental treatment & procedure animations

[View animations from various dental topics ►](#)

## Web Resources

All dental members have access to the Dental Wellness Center.\* It provides information on a variety of topics, such as:

- Pediatric care
- Cosmetic dentistry
- Tips to help prevent cavities, gum disease, tooth loss, plaque buildup and other problems

To access the Dental Wellness Center, log in to Blue Access for Members<sup>SM</sup> at [bcbsil.com](http://bcbsil.com) and click on the *My Health* tab.

The information provided by BlueCare Dental Connection is not a substitute for professional dental care. As always, you should discuss treatment options and preventive measures with your dentist. Coverage for dental care is based on your benefit plan. If you have questions about your plan, check your benefit booklet, speak with your group benefits administrator or call the number on the back of your member ID card.

## Other Online Tools from BlueCare Dental Connection

### Ask a Dentist\*

Submit questions to a licensed dentist and receive a response within one business day.

### Provider Finder®

Create and download your own provider directory. Information for each provider includes:

- Languages spoken
- Specialty
- Locations
- Directions

### Dental Dictionary\*

Find common dental terms.

### Dental Cost Advisor\*

Find estimated costs of dental services in specific geographic areas.

\* The Dental Wellness Center, Ask a Dentist, the Dental Dictionary and the Dental Cost Advisor are services provided by Dental Network of America, a separate company that acts as the administrator of Blue Cross and Blue Shield of Illinois dental programs. Dental Network of America is solely responsible for the products or services it offers. BCBSIL assumes no liability or responsibility for damage or injury to persons or property arising from the use of any product, information, idea or instruction mentioned in Dental Network of America's content.