



# See the dentist. We insist!

It's one of the best ways to take care of your whole body.

When you think of a trip to the dentist, is it about getting your teeth cleaned, checking for cavities or fixing a chipped tooth? That's all important, but did you know that more than 90% of all diseases that affect your body can show signs and symptoms in your mouth?<sup>1</sup> Makes going to the dentist even more important.

## More than just teeth — it's caring for all of you

Getting regular dental checkups can help find early warning signs of some health problems. That means you can get any health care you need — sooner. So go ahead and use your dental benefits to get **more** out of your plan!

## A good dental plan is all about the benefits

Here's the big picture of what your benefits cover:

- Most preventive and diagnostic services at 100%. That includes things like regular cleanings and X-rays.
- More dental services, including an extra periodontal cleaning if you're enrolled in certain care management programs.
- Discounts through SpecialOffers@Anthem<sup>SM</sup>. Discover more than 50 discounts on products and services that promote better health and well-being.