

A Cigna Dental Health Connect® solution

Cigna Dental Oral Health Integration Program®

Stay on top of your
oral health. Keep heart
disease in check and
prevent strokes.

Take advantage of
reimbursements*
for periodontal
(gum) treatment
and additional
maintenance.



Together, all the way.®



Get reimbursed* for dental treatments. Help improve your whole-person health.

To keep your gums healthy and prevent harmful plaque buildup, we reimburse* up to four periodontal (gum) treatment and additional maintenance.

How oral health, stroke and heart disease are connected**



GUM DISEASE

If bacteria stays on your teeth for too long, tartar and plaque start to form. Once it builds up and reaches your gums, it can lead to gingivitis (early gum disease), which causes red, swollen or bleeding gums. Gingivitis can progress to periodontitis (severe gum disease), which can destroy your jawbone and lead to serious infection beyond your mouth.



PLAQUE

Bacteria enter your bloodstream through your gums and become part of fatty plaques in blood vessels. When fatty plaques block a blood vessel leading to the heart, it can lead to a heart attack. When fatty plaques reach the brain and cut off its blood supply, it causes a stroke. That's why it's important to treat plaque at the source.



INFLAMMATION

Inflammation starts a cycle: blood vessels swell, which reduces blood flow to the heart, which raises blood pressure, which affects the flow of blood and oxygen to the brain.

How the reimbursement process works

1. Enroll

To get reimbursed, you first have to enroll in the Cigna Dental Oral Health Integration Program® by either:

- › Going to **myCigna.com**, selecting Coverage > Dental and filling out the registration form online
- › Calling the number on the back of your Cigna ID card and asking for a mailed registration form

2. Submit your claim

If you visit an in-network dentist, they'll send us a claim directly. If you see a dentist not in the Cigna network, you may need to submit the claim yourself. Then we'll review it and refund you for eligible dental services in about 30 days.



Have questions?

Reach out to the Cigna Dental Oral Health Integration Program 24/7 at **800.Cigna24**.



*You do not have to meet your DPP0 or indemnity deductible to receive reimbursement for these services. However, reimbursement will apply to and is subject to your annual benefits maximum for traditional indemnity and DPP0 plans as well as plan rules for visits to network dentists and out-of-network dentists.

**Maryland Department of Health and Mental Hygiene. (2017, January). Heart Disease, Stroke & Oral Health. pha.health.maryland.gov/oralhealth/Documents/HeartDiseaseStroke.pdf

The Cigna Dental Oral Health Integration Program may not be available under your specific plan. Reimbursement under OHIP is subject to plan terms and conditions, including applicable annual benefit maximums and other exclusions and limitations. For costs and details of coverage, contact your Cigna representative or see your plan documents.

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