

A Cigna Dental Health Connect® solution

Cigna Dental Oral Health Integration Program®

We make it easier
to stay on top
of rheumatoid
arthritis symptoms.

Take advantage
of reimbursements¹
for periodontal (gum)
treatments, fluoride
applications, sealants
and more.



Together, all the way.®



Offered by Cigna Health and Life Insurance Company,
Connecticut General Life Insurance Company or their affiliates.

Get reimbursed*1 for dental treatments. Help improve oral health.

There's been a clear connection between arthritis and oral health for hundreds of years – in ancient Greece, Hippocrates suggested that pulling teeth could cure arthritis!² To keep oral symptoms under control, we reimburse¹ periodontal (gum) treatments, fluoride applications, sealants and more.

How rheumatoid arthritis affects oral health²



GUM DISEASE

Tartar and plaque buildup can lead to gingivitis (early gum disease), which causes bleeding gums. Left untreated, it becomes periodontitis (severe gum disease), which can cause serious infection.

A study from Johns Hopkins found that 70% of rheumatoid arthritis patients had gum disease, compared to 35% of the general population.³



INFLAMMATION

Patients with rheumatoid arthritis tend to have a higher level of an oral bacteria that triggers the production of proteins that the immune system attacks as foreign. Scientists believe the inflammatory response to the bacteria may spread throughout the body, triggering rheumatoid arthritis symptoms.³



DRY MOUTH

Sjogren's syndrome can be seen in patients with rheumatoid arthritis. Dry mouth is one of the most common symptoms of Sjogren's syndrome and can lead to mouth sores, gum disease and tooth decay if it's not addressed early.⁴

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.

1. You do not have to meet your DPPPO 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 DPPPO plans as well as plan rules for visits to network dentists and out-of-network dentists.

2. Bingham, Clifton O, and Malini, Moni. (2013, May 25). Periodontal disease and rheumatoid arthritis: the evidence accumulates for complex pathobiologic interactions. National Institutes of Health. www.ncbi.nlm.nih.gov/pmc/articles/PMC4495574

3. Ellis, Sarah. (2020, July 28). The Link Between Rheumatoid Arthritis and Dental Health. HealthCentral, www.healthcentral.com/slideshow/link-between-dental-health-and-rheumatoid-arthritis

4. Johns Hopkins Arthritis Center. (2016, January 11). Dental Tips for the Rheumatoid Arthritis Patient. www.hopkinsarthritis.org/arthritis-news/5-dental-tips-for-the-ra-patient

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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