



Healthy mouth = healthy you

You've probably heard that eating right helps your overall health. Well, the same can be said with good oral hygiene. Brushing, flossing and seeing your dentist regularly supports your overall health. And HealthPartners MouthWise Matters is here to help you take care of that smile, so you'll be smiling on the inside too.

About MouthWise Matters

HealthPartners MouthWise Matters is a platform to learn about the connection between oral health and overall health. We'll share tips and resources to help you reach your best health.

MouthWise Matters is also a benefit that's automatically included in all of our dental plans. For those with diabetes or who are pregnant and at risk of gum disease, HealthPartners covers extra checkups, cleanings, root planing and scaling (a deep cleaning) 100% at in-network dentists. You get coverage for these services even if your annual maximum is met.

More information

Learn more about your oral health at healthpartners.com/mouthwise.

The truth about teeth

1. Half of Americans age 30 or older suffer from some type of gum disease.
2. Early treatment of gum disease in pregnant women reduced preterm births by 84%.
3. Diabetics who have their teeth professionally cleaned are better able to control their blood glucose levels.
4. Advanced periodontitis (gum disease) can lead to tooth loss.
5. One study suggests that earlier periodontal treatment reduced overall medical care costs by 9% for diabetes, 16% for heart disease, and 11% for cerebrovascular disease, or stroke.
6. Studies show that early prevention and treatment of gum disease may result in improved outcomes for heart disease and diabetes, often leading to substantial medical-cost savings.
7. Controlling glucose helps prevent complications of diabetes.

Source: Recent studies conducted by the American Dental Association, Academy of Periodontists and others.

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