

Grin from Within®

United **Concordia**
dental®

Where oral health meets total wellness

At United Concordia Dental, we understand that a healthy mouth and healthy body are closely connected. That means when your teeth and gums are healthy, your body can be healthier too.

Oral care is key

Keeping your mouth healthy helps protect your heart, brain, and more. That's why it's so important to treat your dental care with the same seriousness as your routine medical checkups. A healthy mouth isn't just about teeth. It's a key part of keeping your entire body healthy, inside and out.



Routine oral health care is **as essential to good health** as routine medical care.¹



Small habits, big difference

Daily dental care can have a big impact on your overall health. Brushing twice a day and flossing helps remove plaque, which can be a source of inflammation throughout your whole body. These small daily habits can lower your risk of oral health problems like gum disease, which is linked to many serious health conditions.



Some studies suggest that **brushing twice daily** may help lower your risk of **high blood pressure and diabetes**.²



More than just cleanings

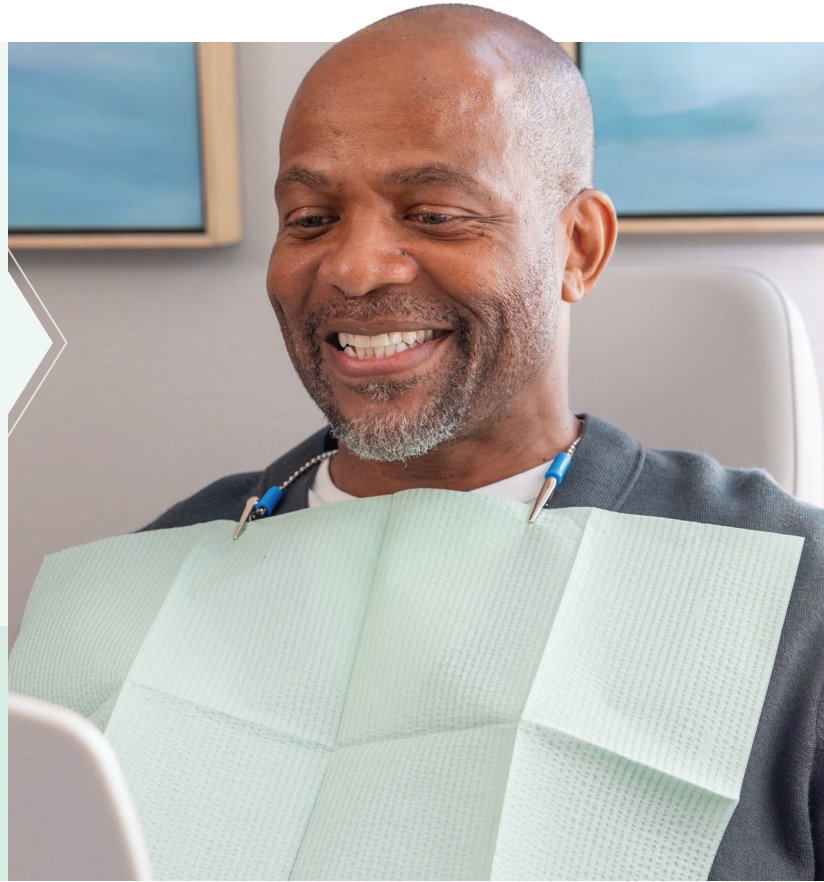
Regular visits to your dentist are important because they can spot more than just cavities. These exams can help find issues early, before they turn into bigger problems.

By managing your oral health, you're helping to prevent or better manage chronic conditions like:

- Cancer
- Cardiovascular disease
- Diabetes



90% of diseases that impact your whole body have oral symptoms.³



Stay grinning bright

Scan the QR code or visit [UnitedConcordia.com/Wellness](https://www.unitedconcordia.com/Wellness) to learn more about how your oral and whole-body health are connected.

This content is provided for informational purposes only. Oral health resources are reviewed by oral healthcare professionals but are intended for educational purposes only. Always seek the advice of your physician, dentist, or other qualified health provider with any questions or concerns regarding a medical or dental condition.

"United Concordia Dental" refers to the United Concordia group of companies. Stand-alone dental plans are administered by United Concordia Companies, Inc., and underwritten by United Concordia Insurance Company and affiliates.

¹"Reforming the National Institutes of Health: Framework for Discussion", The Voice of Dental Education (ADEA), 2024. (chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.aadea.org/docs/default-source/aadea-main/advocacy/aadea-ec-nih-comments-aug-2024-final.pdf?sfvrsn=c7750162_1). ²"Associations of oral hygiene with incident hypertension and type 2 diabetes mellitus: A population based on cohort study in Southwest China", Wang, Jiang, Chen, Yu, Zhou, Wang, Liu, Fu. ³Prevent Oral Health Problems: Visit a Dentist Twice a Year; Academy of General Dentistry; 2012.