



BRUSH UP ON DENTAL HEALTH

Taking good care of your teeth and gums can prevent serious oral health conditions and help you maintain overall health

ABOUT 3.7 MILLION BCBS MEMBERS HAD A SERIOUS TOOTH OR GUM CONDITION




SERIOUS ORAL HEALTH CONDITIONS

- Root Canals
- Tooth Loss
- Tooth and Mouth Infections
- Gum Disease
 - Gingivitis
 - Periodontitis


Members with these conditions spent **2x more annually** on overall healthcare costs

POOR ORAL HEALTH CAN AFFECT YOU LONG-TERM

Members diagnosed with oral health conditions are:

25% 
MORE LIKELY to suffer from heart disease*

2x 
AS LIKELY to visit the ER or have a hospital stay

MUCH MORE LIKELY TO SUFFER FROM 
autoimmune disorders, anemia, gastro-intestinal disorders or renal disease

A serious dental or gum condition may lead to a loss of:

1.9 YEARS OF HEALTHY LIFE



Dental visits are **down 35% since last year** due to COVID-19¹

Source: [BCBS Health Index 2018](#). Commercially insured BCBS members. Analysis only includes oral health conditions identified through medical claims.

*For more information, see: <https://www.cdc.gov/oralhealth/basics/index.html>; <https://www.mouthhealthy.org/en/az-topics/h/heart-disease-and-oral-health>

¹ Source: BCBSA. Generational Survey. September 2020.