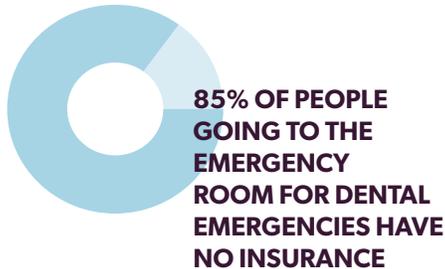


DENTAL CARE: GOOD FOR YOUR BODY AND BUDGET.

Taking care of your teeth and gums isn't just good for your mouth, it's essential for good overall health. Why? Because researchers think there may be a link between cavities and gum disease, as well as serious health problems like heart disease. They also believe your mouth may act like an early warning system, indicating your potential for certain conditions or diseases.



Postponing dental care? You're not alone.

If you've been avoiding hot or cold food and drinks because you're nursing a cavity, you're in good company. It turns out more than 25% of working-age adults have untreated cavities.¹

Poor oral hygiene can lead to gum infections, known as periodontal disease, and tooth loss. In fact, studies show that periodontal disease, including gingivitis, is one of the most common chronic conditions in the world, affecting far more people in the U.S. than diabetes.²

- 743 million people around the globe have periodontal disease
- In the U.S., 50% of adults are affected by periodontal disease
- 2.5 times more Americans have periodontal disease than diabetes

Conditions Linked to Oral Health³

- Endocarditis
- Cardiovascular disease
- Periodontitis
- Diabetes
- HIV/AIDS
- Osteoporosis
- Alzheimer's disease
- Pregnancy issues

Want to avoid pain and high prices? Be proactive.

Taking care of your teeth and gums isn't just good for your overall health, it's good for your wallet too. It turns out getting regular dental care can be a real money saver down the road. The American Dental Education Association reports that every dollar spent on prevention can save as much as \$50 in restorative and emergency treatment. Still, many Americans end up in emergency rooms with severe toothaches, big bills and little relief—largely because they don't have dental insurance.

- \$1 spent on prevention = \$50 saved in restorative and emergency treatment
- In 2012, Americans visited the ER every 15 seconds for dental pain and issues caused by delayed oral care, according to the American Dental Association
- 85% of the people going to the ER for dental emergencies have no dental insurance

While ER doctors can provide temporary relief, only a dentist can treat the underlying issue. That means you'll have medical and dental bills to pay, which can be a painful blow to your budget.

Studies show that people with dental insurance are more likely to visit a dentist and much less likely to have major dental issues.

Interested in caring for your mouth? Get dental coverage.

Studies show that people with dental insurance are more likely to visit a dentist and much less likely to have major dental issues.⁴ Because dental plans typically cover 100% of preventive care, including an annual exam and two cleanings a year, having coverage motivates people to be proactive about oral health.

Take advantage of any dental insurance plans that may be offered by your employer. Otherwise you might need to purchase an individual policy.

As you've seen, dental care is about more than a bright smile. Know that by taking care of your mouth today, you're taking care of your overall health, which can save you money in the long run.

To learn more about dental coverage, visit **LifeMapCo.com**

About LifeMap

LifeMap Assurance Company® serves customers in Oregon, Washington, Utah, Idaho, Montana, Wyoming and Alaska.

We offer financial protection through a portfolio of insurance and benefit plans. Coverage options include life, disability, vision, dental, accident, critical illness, short term medical coverage and employee assistance programs. LifeMap is a member of the Cambia Health Solutions family of companies, a total health and wellness solutions company located in the Pacific Northwest.

This content is provided by LifeMap Assurance Company.

1. Laura Unger, "Dental problems—sometimes deadly—driving more people to ERs," USA Today, July 9, 2015.
2. Chai Woodham, "Mind Your Mouth: How Oral Health Affects Overall Health," U.S. News & World Report, December 22, 2014.
3. www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475?pg=2.
4. www.nadp.org/Dental_Benefits_Basics/dental_bb_10.