Dental Insurance

Guardian

Oral health and your overall well-being

Help take care of your overall health by taking care of your teeth

The connection between oral and overall health is clear. A healthy mouth, teeth, and gums give you a great smile, but they can also help your overall health. Studies have shown a correlation between people with gum disease and other health conditions, such as diabetes and heart disease. Good oral health care and practicing healthy habits can help prevent more serious health risks.[1]

Tips for healthy teeth and gums

- **Practice good oral care at home:** Proper brushing and flossing daily are crucial in preventing, as well as minimizing, gum disease. In addition, ask your dentist if you should use an antimicrobial mouth rinse.
- **Get regular dental checkups:** Visiting your dentist regularly for recommended dental exams and professional cleanings is important. Each year, get the necessary number of dental exams and professional cleanings recommended by your dentist. Periodontal screenings done by your dentist show how well you're caring for your teeth and can help your dentist provide recommendations to improve your oral health.

Getting a dental crown or having major dental work? Request a pre-determination of services

If you need dental work that may exceed $300, like getting a crown, please ask your dental provider for a pre-determination for services. This will help you best prepare for your care and any associated costs.

Save on care with in-network dentists

Dental insurance not only helps you gain access to quality dental care but can also help you save on that care when you see an in-network dentist.

P.S. Download the Guardian mobile app to help you and your covered dependents get the most value out of your plan. Find network providers and access important information in the palm of your hand.

Available on Apple App Store and Google Play.

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The connection between oral and overall health

Oral health is central to a person's overall health and well-being. Studies have shown how oral health may contribute to various diseases and conditions, and vice versa, how certain conditions may impact oral health.[2]

For example:

Diabetes: Gum disease appears to be both more frequent and more severe among those with diabetes.[3]

Cardiovascular disease: Some evidence shows that there may be a relationship between heart disease and the inflammation and infections that oral bacteria can cause.[4]

Pregnancy: Increased hormone levels in pregnant women may increase inflammation of the gums and susceptibility for infection, which has been linked to complications and low birth weight.[5]

Self-esteem: When oral health suffers, it can decrease quality of life or exacerbate mental health issues.[6]

Want to test your dental wellness wisdom? Take our quiz. And share it.

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[1-5] Oral health: A window to your overall health, Cleveland Clinic, 2024.

[6] The Link Between Dental Health and Mental Health: What You Need To Know," Cleveland Clinic, 2022.

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