



# Say cheese

**See your dentist for better health  
Aetna Dental® plans**

**aetna®**

# One extra cleaning for one healthier you

## Is dental care safe during pregnancy?

Yes, and it's so important. That's because many of the changes happening in your body at this time can actually affect your gums and teeth. Studies even suggest women with no dental care have a higher risk of delivering a preterm baby.<sup>1</sup>

### *Your Aetna Dental plan includes a special perk:*

You're covered for one extra dental cleaning during pregnancy.\* So you can take special care of your teeth — and your tiny one — throughout this special time.

## Signs to look out for

See your dentist if you have:

- Bleeding, swollen or receding gums
- Mouth sores or growths
- Persistent bad breath
- Loose or shifting teeth

## Your home for dental benefits

No matter what you need to do, [aetna.com](https://www.aetna.com) is your place to do it.

Log in to:

- Find a dentist
- Track a claim
- Print ID cards
- Send us an email

Need one-on-one help? Just call **1-800-779-3357**, Monday – Friday, 8 a.m. to 6 p.m. ET.

Healthy mouth, healthier you.  
**See your dentist today.**

\*This benefit may not be available in all states.

<sup>1</sup>An Examination of Periodontal Treatment, Dental Care, and Pregnancy Outcomes in an Insured Population in the United States. American Journal of Public Health. January 2011; 101 (1): 151 – 156. Available at: [ncbi.nlm.nih.gov/pmc/articles/PMC3000729/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3000729/). Accessed July 2017.

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Preventive dental care can prevent many health issues.

Schedule a dental visit today.  
**Call 1-800-779-3357.**



**aetna**<sup>®</sup>

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