



# Beaming

## Aetna<sup>®</sup> dental discounts

Healthy smile, healthy you

### The link: dental health and overall health<sup>1</sup>

A beautiful smile makes you look healthy and confident. But the health of your mouth, teeth and gums affects more than your appearance. Your dental health affects your overall health, too.

Your mouth is a normal source of bacteria. Daily brushing and flossing help keep them in check. But without these good practices, bacteria can get out of control and lead to tooth decay or gum disease.

Some studies have linked bacteria and the inflammation of severe gum disease to certain health issues. Like heart disease or stroke.

It works the other way around, too. Some health issues like diabetes, osteoporosis and Alzheimer's disease can affect your dental health.

The bottom line? Caring for your mouth is part of caring for your overall health. That's why we want to give you access to great dental care products at great prices. Turn the page to check out all the discounts you receive as an Aetna member.

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<sup>1</sup>Mayo Clinic. Oral health: a window to your overall health. November 1, 2018. Available at: [mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475). Accessed May 6, 2019.



# Your dental discounts

## Start saving on dental care products

As a member, you can now save on a variety of products, like Z Sonic™ toothbrushes, replacement brush heads and dental care kits. Whether it's for travel or a specific age group, we've got the kit for you.

## No claims, referrals or limits

You can forget about claims and referrals. Just get the tools you need at [myzsonic.com/aetna](https://myzsonic.com/aetna). And use the discounts whenever you'd like — you've got no limits.

## Choose the toothbrush that works for you

Some experts say that electric (also called "powered" or "sonic") toothbrushes clean teeth better than manual toothbrushes.<sup>2</sup> Others report that it doesn't matter which kind of toothbrush you use. But if you're prone to more plaque build-up or have trouble brushing on your own, electric brushes may be for you.<sup>3</sup>

What's more important than the toothbrush you choose? Brushing two times per day for two minutes with a fluoride toothpaste. Fluoride helps strengthen your teeth and prevent decay.<sup>2</sup>

## Practice other good dental health habits<sup>2</sup>

You'll want to floss at least once each day before brushing. It helps remove plaque from teeth and gums. And replace your toothbrush or brush head every three to four months. A worn-out toothbrush won't work as well. Check in with your dentist every six months for a cleaning. Remember, a healthy mouth helps keep you healthy overall.



Check out your dental care discounts at [myzsonic.com/aetna](https://myzsonic.com/aetna).



<sup>2</sup>U.S. National Library of Medicine. Dental care — adult. MedlinePlus. February 5, 2018. Available at: [medlineplus.gov/ency/article/001957.htm](https://medlineplus.gov/ency/article/001957.htm). Accessed May 6, 2019.

<sup>3</sup>American Dental Association. Test your brushing brainpower! Mouth Healthy. Available at: [mouthhealthy.org/en/brush-day-quiz](https://www.mouthhealthy.org/en/brush-day-quiz). Accessed May 6, 2019.

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