Taking care of your teeth and gums during your pregnancy is an important part of your, and your unborn child’s, overall good health and well-being. Experts say that disease related to the gums and tooth-support structures (periodontal disease) during pregnancy could lead to an increased risk of pre-term and very preterm delivery.

If you don’t get treatment for tooth-related disease while you are pregnant, you could place your unborn child at higher risk for neonatal problems and even life-long disabilities related to pre-term deliveries.*

That’s why we’ve created a UnitedHealthcare Dental program, which provides additional network preventive dental care coverage for expectant mothers. If you are in your second or third trimester of pregnancy, you are eligible for this program’s benefits as part of your benefit plan.

On your next visit, tell your dentist that you are pregnant. Provide the stage of your pregnancy and due date, and also make sure the dentist notes your attending physician’s or obstetrician’s name (this must be included on the claim form). All fees and expenses for cleanings, deep scaling (cleaning the teeth deeper down the tooth), debridement (removing dead or infected tissue) and periodontal maintenance will be waived, if your dentist requires these services.

* “Baby Steps to a Healthy Pregnancy and On-time Delivery,” American Academy of Periodontology, 2005. While periodontal disease may be a contributing factor to pre-term, low-weight babies, there are a number of other associated risk factors, such as: infection (especially genitor-urinary), diabetes mellitus, hypertension, late or no prenatal care, smoking, alcohol and illicit drug use. Visit www.marchofdimes.com for more information about pre-term risk factors.
Key cost-savings and benefits

- No out-of-pocket costs for network services, as described†
- Fees are not applied to the benefit period maximum
- Fees are not applied to deductibles
- Waiting Periods do not apply if services are required by a network dentist
- No referral needed

Use this important benefit if:

- Your obstetrician recommends that you visit a dentist for a check-up and cleaning
- You're experiencing any symptoms of gum disease
- Your dentist recommends additional cleanings throughout your pregnancy

Tips for maintaining good oral health during your pregnancy:

- Make an appointment with your dentist within your first trimester for a checkup and cleaning
- Schedule a follow-up appointment within your second trimester
- Set a time twice each day to brush, and make sure to floss daily
- See your dentist if your gums are becoming sensitive, or if you are experiencing any of the symptoms of gum disease††
- If extensive dental work that includes medication or anesthesia is needed, you should have it done prior to the fourth month of your pregnancy to avoid any complications
- Inform your dentist of any prescribed medications

Each time you visit your dentist, it's important you let them know how many weeks you are into your pregnancy.