



Prenatal Dental Care Program

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Keep this information with you so you know how to take advantage of your prenatal benefit.

1

Visit any dentist: Inform the dentist that you're pregnant and provide your stage of pregnancy.

2

Make sure the dentist waives the eligible fees.

3

Most Important: Remind the dentist to include the following on the claim form:

- ▶ **Your due date**
- ▶ **Your attending physician's or obstetrician's name**

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.



Customer Care

- ▶ If you have questions about coverage, claims, locating a dentist in your area, or replacing a lost ID card, please visit myuhcdental.com. You also may contact UnitedHealthcare Dental Customer Care at the toll-free phone number listed on your dental ID card, Monday through Friday, 8 a.m. to 11 p.m., Eastern Time. Using the same toll-free telephone number, you can access our automated voice system 24 hours a day, seven days a week.

Symptoms of Gum Disease

- ▶ Pregnancy periodontal disease is an inflammation of the gums and surrounding tissues. If you're experiencing any of the following symptoms, contact your dentist immediately.
- ▶ Red, tender or swollen gums
- ▶ Gums that bleed when you brush
- ▶ Dark red or receding gums
- ▶ Bad breath or a bad taste in your mouth

Preventing Gum Disease

- ▶ Brush your teeth twice daily with a soft-bristle brush
- ▶ Floss daily
- ▶ Choose a healthy diet
- ▶ See your dentist regularly

UnitedHealthcare
Insurance Company



† For indemnity plans or PPO plans with out-of-network options, fees are set to maximum allowable charges; the member may incur balance billing.

UnitedHealthcare Dental® plans are either underwritten or administered by: United HealthCare Insurance Company, Hartford, Connecticut (except NY) and United HealthCare Insurance Company of New York, Hauppauge, New York (NY only).