

# HEALTHY FROM TEETH TO TOES.

Preventive dental care is key  
to overall health.



Routine dental visits are about more than brightening your smile — they're important for maintaining your overall health too. Certain preventive dental care services, such as cleanings, oral exams and routine X-rays, are covered at no additional cost when you use a network dentist.

## The importance of preventive dental care.

**1.5x**  
more likely

to develop gum  
disease without  
routine  
preventive dental  
care.

**22%**  
less likely

**37%**  
reduction

## myCigna makes it easier to manage your dental plan.

Once your benefits are effective, you'll be able to register for your personalized myCigna.com account, which lets you:

- › Find in-network dentists in your area.
- › Compare procedure costs and read verified patient reviews and ratings.
- › Consult with a licensed dentist 24/7 through Cigna Dental Virtual Care.

Together, all the way<sup>®</sup>



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