



# *CIGNA Dental Oral Health Integration Programs<sup>SM</sup>*

CIGNA Dental is pleased to announce expansion of the **CIGNA Dental Oral Health Integration Program<sup>SM</sup>** (OHIP).

In January 2006, we introduced the CIGNA Dental Oral Health Maternity Program<sup>SM</sup>. As of July 2006, new and renewing accounts will have access to two additional OHIP components: the **Oral Health Diabetes Program** and the **Oral Health Cardiovascular Program**, which offer benefit enhancements for eligible DHMO, DPPO and Dental Indemnity members who also participate in the CIGNA Well Aware for Better Health<sup>®</sup> diabetes or heart disease programs. These research-based, value-added programs are designed to help improve health outcomes and reduce medical expenses.

## *Why These Programs Are Important*

### *Healthier gums can lead to lower medical costs*

Studies have shown that medical costs for diabetic and cardiovascular patients were significantly lower when treated for gum disease. Direct and indirect costs for diabetes and heart disease are on the rise.

### *Healthier gums may mean a healthier heart*

Research indicates that people with advanced gum disease may be more likely to have heart disease than those with healthy gums.<sup>1</sup> Bacteria and their byproducts from the gum tissues may enter the blood stream, causing small blood clots that may contribute to the clogging of arteries. Clots in the coronary arteries can lead to heart attacks. A blood clot in the brain can cause a stroke.

### *Healthier gums may help diabetics control blood sugar*

Those with diabetes may have more complications with gum disease. Why? As a general rule, diabetics have a tougher time healing. And research shows they suffer greater tooth loss than patients without diabetes. One study<sup>2</sup> found that when diabetic patients' gum infections were treated, they found it easier to manage their blood sugar.

## *Program Details*

**For new and renewing accounts, effective July 1, 2006**, eligible members may receive 100% reimbursement for out of pocket payment to the dentist for these services:

- Periodontal scaling and root planing (PSRP) - a non-surgical dental procedure used to treat gum disease
- Periodontal maintenance – up to 4 times per year after PSRP

Annual maximums and out of network maximum reimbursable charges may apply for non-DHMO plans.

## *Who Is Eligible*

CIGNA Dental DHMO, DPPO and Dental Indemnity members who also participate in the CIGNA Well Aware for Better Health<sup>®</sup> diabetes or heart disease programs.

<sup>1</sup>American Academy of Periodontology [www.perio.org](http://www.perio.org), Feb. 2002

<sup>2</sup>Journal of the American Dental Association, Oct. 2003



*Read on to learn how these programs help your employees, and your business....*

\*These new programs will be a standard benefit for new and renewing CIGNA Dental accounts who also offer their employees CIGNA medical coverage and CIGNA Well Aware for Better Health<sup>®</sup> diabetes or heart disease programs. ASO accounts can opt out of this program upon renewal if desired.

## *Turning Evidence Into Action*

An internal study<sup>3</sup> of CIGNA Dental members who participated in either the diabetes or cardiovascular Well Aware disease management programs from 2004 to 2005 revealed important results: those treated for gum disease had a **5.8% decrease** in average medical costs, while individuals not treated for gum disease had a **9.7% increase** in medical costs, creating a **15% gap** between the two groups.

### *Leverage CIGNA Medical-Dental Integration Capabilities*

We strive to turn evidence into action by developing and delivering innovative products and services – benefit solutions that help individuals achieve their health care goals, help employers improve the health and well-being of their employees, reduce costs and improve productivity.

The **Oral Health Diabetes Program** and the **Oral Health Cardiovascular Program** leverage the outreach capabilities of the Well Aware clinicians and staff. Reinforcing the importance of seeking and completing appropriate treatment for gum disease may help prevent complications related to diabetes and heart disease. Reimbursing the member out-of-pocket payment to the dentist, serves as an incentive to encourage appropriate care of gum disease.

**Find out more** about our integrated dental and medical benefits and the savings you can enjoy.

Call your broker or your CIGNA representative, or send an e-mail to [CIGNADentalSales@cigna.com](mailto:CIGNADentalSales@cigna.com) today.



*We give you  
More reasons to*

# smile

<sup>5</sup>CIGNA Dental Internal Analysis, 2006. Controls such as age, gender or other factors were not used. For those untreated, we do not know who does or does not have periodontal disease, as diagnostic codes in dentistry are not well established.

*Healthier Smiles... Healthier Lives... Healthier Bottom Line*

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