



A surprising number of Americans ignore this crucial health check.

Your dental checkup is not only good for your health, it's also good for your wallet. Preventive services, like checkups, are often 100 percent covered by your dental plan if you seek care from an in-network provider. Yet, many people leave money on the table by not going to their dentist often. Here are three great reasons to keep regular checkups.

You get the most value from your benefits.

Among adults who've purchased an individual dental plan or have coverage through their employer, more than 36 percent won't have a single claim over the course of a year, including almost 45 percent of those ages 19 to 34.¹

When you schedule regular checkups, you take advantage of this valuable benefit.

You can get easier and less expensive treatment.²

Your checkup can be a smart financial move in another way, too. Catching dental issues early usually allows for easier treatment. Skipping your exams or letting a problem linger can result in more complex and expensive procedures.

You decrease your risk of disease.³

Your dental checkup will usually consist of a cleaning and a thorough oral exam. The cleaning will help prevent cavities and gum disease by removing tartar and plaque buildup.

During the exam, your dentist will check for signs of oral cancer, tooth decay, gum disease, tooth grinding, alignment problems and any other issues. In addition, your dentist can detect signs of more than 120 diseases, including diabetes and heart diseases.^{4, 5} If you have already developed an issue, your dentist will discuss treatment options with you.

Even if your teeth feel just fine, underlying issues can sneak up on you. When you keep your dental checkups, you help keep your smile healthy, too. Check your calendar and schedule your next exam today.

Sources:

1 http://www.ada.org/-/media/ADA/Science%20and%20Research/HPI/Files/HPIBrief_0516_1.pdf

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3 <https://www.dentalcare.com/en-us/patient-education/patient-materials/why-are-regular-dental-visits-important>

4 U.S. Surgeon General Report on Oral Health 2000 - Chapter 3 - Diseases and Disorders

5 Application of the international classification of diseases to dentistry and stomatology : ICD-DA. World Health Organization 1995

