

Cigna Dental WellnessPlus

# maximizing your plan features



*When you receive preventive dental care, that's "wellness."  
When you get rewarded for it, that's WellnessPlus.*

**A progressive approach to your oral health that works wonders on your dental coverage.**

## **Cigna Dental WellnessPlus®**

The key to a healthy smile is to take care of your teeth and gums before problems begin. With your dental coverage, you'll find that most preventive services are available at low or no cost. Make the most of your dental coverage by visiting your dentist regularly for exams and cleanings.

### **Cigna Dental WellnessPlus rewards you for receiving routine preventive dental care**

Receiving regular dental care often catches minor problems before they become serious and expensive to treat. Did you know that good dental care may even help improve your overall health? Periodontal (gum) disease, a bacterial infection, is increasingly being linked to complications for pre-term birth, heart disease, stroke, diabetes and other health issues. So taking good care of your teeth and gums may improve more than just your smile, it may lead to a healthier you.

### **Preventive care pays when you take care of your oral health**

That's because **WellnessPlus** rewards **you and your family** for receiving **preventive** dental care. Plus, with most preventive services covered at no or low cost, there's no reason not to take advantage of this feature.

#### **Preventive Care**

(Sometimes referred to as Class 1 Services)

- Cleanings
- Oral Exams
- X-rays, etc.

**Cigna.com**  
**1.800.Cigna24 (1.800.244.6224)**

**GO YOU®**

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## How can I get the most value from my plan?

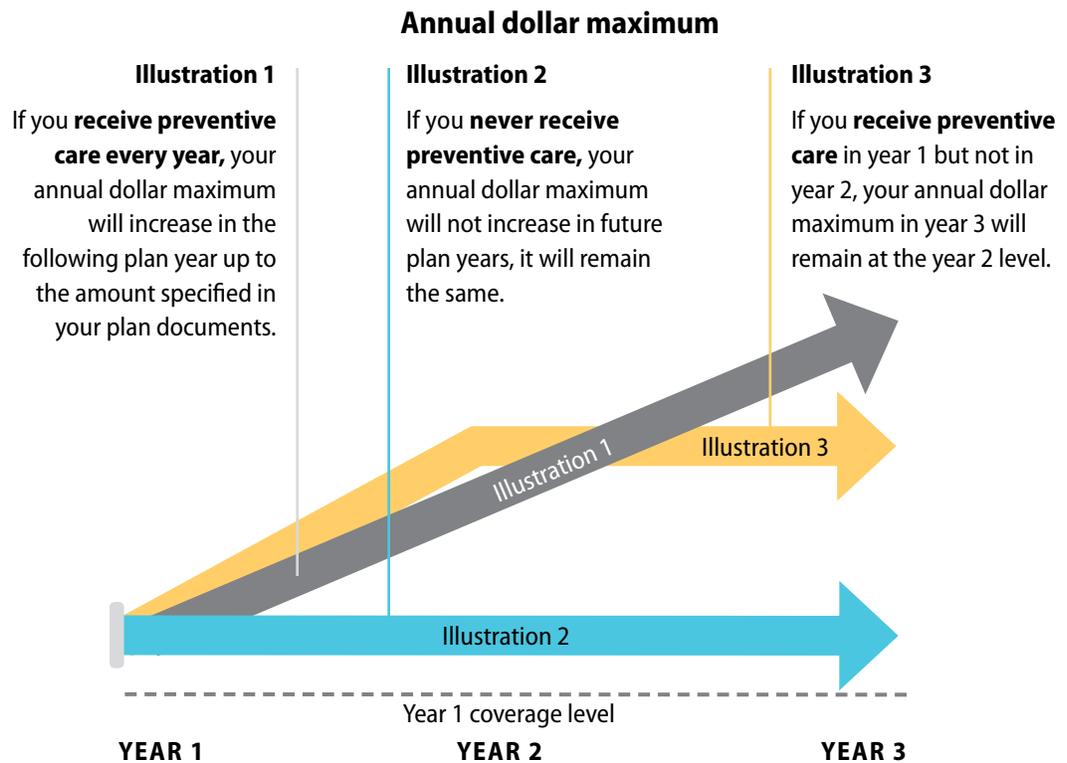
- When you receive any preventive care in one plan year, your annual dollar maximum will increase in the following plan year, allowing you to build your annual dollar maximum for other services you may need in the future.
- Year after year, when you remain enrolled in the plan and continue to receive preventive care, your annual dollar maximum will increase in the following year, until it reaches the level specified in your plan documents.
- In future plan years, different members of the same family may have different annual dollar maximums.
- Family members who receive preventive care in a given plan year will be rewarded with an increase in the following plan year.

- Family members who choose not to receive preventive care during a given plan year will not see a reduction in annual dollar maximum in the following plan year. They will continue to enjoy their current annual dollar maximum.

## If I receive preventive care, why doesn't that increase the annual dollar maximum for others on my plan?

The plan is designed to encourage good dental care for you and all your family members. The mouth may contain warning signs for complications of heart disease, stroke, diabetes, adverse birth outcomes and other serious health conditions. Taking better care of oral health may have a positive impact on overall health for every member of your family.

## Here are some examples of how Cigna Dental WellnessPlus works<sup>1</sup>



1. The Cigna Dental WellnessPlus features described here are for illustration purposes only. The specific terms of your dental plan as selected by your employer will always determine your actual coverage.

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