



**BlueCross BlueShield
of Oklahoma**

BlueCare Dental ConnectionSM – *Something to Smile About*

Good dental care can give you more than just a good smile. Research shows an increasing link between oral health and many medical conditions including heart disease, stroke, diabetes and premature birth. Taking care of your dental health may help improve your overall health. That's why Blue Cross and Blue Shield of Oklahoma (BCBSOK) offers **BlueCare Dental Connection** to dental members with both medical and dental plans. BlueCare Dental Connection offers educational information and outreach to help you make important decisions about your dental care. Outreach programs include the following:

Programs designed to promote improved dental health

According to the Centers for Disease Control, nearly half of all children experience tooth decay – a condition that can usually be prevented by sealants. Our **Decay Management Program** provides members with education about sealants and other measures to prevent tooth decay.

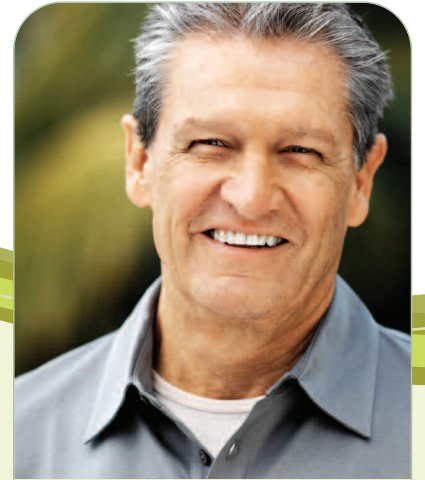
According to the National Institute of Dental and Craniofacial Research, estimates show that nearly 80 percent of adults in the U.S. have some form of periodontal disease. Our **Periodontal Disease Management Program** offers members education about periodontal disease and the suggested link to increased health risks, in addition to the benefits of professional teeth cleanings.

Programs designed to promote improved overall health

Evidence shows potential links between periodontal disease and complications with:

- Diabetes
- Cardiovascular disease and stroke
- Pre-term and low-birth-weight babies

For members with both medical and dental coverage through BCBSOK, BlueCare Dental Connection works to identify members with these medical conditions. Educational material about regular dental care and the early diagnosis of periodontal disease will be mailed to members .



Although you may be good about brushing regularly and cleaning between your teeth daily, your smile still needs and deserves regular professional cleanings.

Experience. Wellness. Everywhere.SM

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Web Tools and Information

The online **Dental Wellness Center** at www.bcbsok.com is available to all dental members and provides information on dental topics ranging from pediatric care to cosmetic dentistry to prevention and information on specific dental treatments. Once you are signed in, simply choose your dental plan and follow the BlueCare Dental Connection links to reach the Dental Wellness Center.

In addition you will have access to the following online tools:

- **Ask a Dentist** - a new tool that will allow you to submit clinical questions directly to a licensed dentist and receive a response within 24 hours.
- **Provider Finder[®]** - Create and download your own provider directory. In addition, we have expanded the information made available for each provider, to include languages spoken, specialty, maps and directions to office locations.
- **Dental Dictionary** - a complete list of commonly used dental terminology and a definition of each term.
- **Dental Cost Advisor** - Enter a procedure code along with the zip code of the area where your dentist is located to find the estimated cost of services before an appointment is scheduled. This is a great tool when considering major dental work, as you will know what the dentist charges up front.

As always, treatment decisions remain between members and their providers. Coverage for treatments varies depending on the member's benefit plan.



The screenshot shows the BlueCross BlueShield of Oklahoma Dental Wellness Center (DWC) website. The header includes the BlueCross BlueShield of Oklahoma logo and the text "Dental Wellness Center (DWC)™". The main content area is divided into several sections:

- member tools:** Includes links for "Provider Finder", "Dental Cost Advisor", "Ask a Dentist", and "Dental Dictionary".
- dental health topics:** Lists categories such as "Lifestyle & Dental Health", "Treatments", and "Linking Dental & General Health".
- dental health news:** Features several news articles with headlines like "Breast-Feeding Doesn't Contribute to Cavities", "Dentists Take Dimmer View of Patients' Smiles", "Drug Combo Blocks Pain Without Impairing Movement", "New Automated System Can ID Disaster Victims in Minutes", "Obesity Weakens Immune Response", "Smoking Can Harm the Long-Term Effects of Some Oral Surgery", "Snake Venom May Speed Healing Time After Oral Surgery", and "Tooth Troubles Could Raise Dementia Risk". A "[more articles]" link is provided.
- Featured Articles:**
 - Beyond Baby Teeth:** "Tips and information about creating good dental health for infants and children." Includes a link to "Amoxicillin May Damage Infants' Teeth".
 - Personal Dental Care:** "Learn ways to keep teeth and gums healthy for a lifetime." Includes links for "Dealing with Dry Mouth", "Eating Habits That Can Harm teeth", "Helpful Hints for Flossing", "How Medications Can Affect Your Oral Health", "Keep Your Teeth and Gums Healthy", and "Missing a Tooth?". A "[more articles]" link is provided.

The bottom right corner of the screenshot shows a "powered by" logo for "bcbsok.com".

BlueCare Dental Connection ... because good dental care is good for your health

www.bcbsok.com