

# Evidence Based Dentistry



As a leader in the dental benefits industry, we've been at the forefront of the movement toward integrating the best available science into plan design and policy. It's a practice that is consistent with our ultimate goal of advancing solutions for oral health while providing access to affordable dental care.

In short, evidence-based dentistry is an attempt to ensure the right patient receives the appropriate procedure for the right condition at the right time.

In accordance with the best evidence available today, we are now providing the following benefits based on the health condition of the participant:

**Pregnancy**† – Allow an additional two prophylaxes (cleanings) per calendar/benefit year, meaning the participant could receive up to four cleanings within the same benefit period. The participant will be allowed extra dental benefits for 12 months (Nine months of pregnancy plus three months post-delivery. Time period is based on due date.)

*Rationale:* Some studies indicate a correlation between the presence of periodontal disease and pre-term, low birth-weight babies.

**Diabetes**† – Allow an additional two prophylaxes (cleanings) per calendar/benefit year, meaning the participant could receive up to four cleanings within the same benefit period.

*Rationale:* Some studies indicate a correlation between the presence of periodontal disease and exacerbation of problems with diabetes.

**Heart Disease**† – Allow an additional two prophylaxes (cleanings) per calendar/benefit year, meaning participants could receive up to four cleanings within the same benefit period.

*Rationale:* Some studies show a correlation between the presence of periodontal disease and the exacerbation of heart disease.

**Periodontal Disease** – Allow an additional two periodontal maintenance procedures per calendar/benefit year if there is documented prior history of periodontal therapy. The periodontal maintenance allowances of four will include a history cross check against any routine cleaning within the same benefit period.

*Rationale:* Studies show a high correlation between increased maintenance visits and control of periodontal disease and its possible effects on the health conditions mentioned above.

To receive these additional benefits, employees and/or their covered dependents with any of the above conditions need only to contact our office by phone or letter or, prior to treatment, notify their dentist that they have one of the above mentioned conditions and qualify for Delta Dental's evidence-based dentistry benefits.

† Participants with these conditions who have also been diagnosed with periodontal disease will be covered under the Periodontal Disease benefit. Evidence-based dentistry benefits may not be combined when subscriber fits more than one of the covered categories. Evidence-based dentistry benefits will cover up to a total of four of a combination of cleanings/periodontal maintenance procedures.