

# HEALTHY FROM TEETH TO TOES.

Preventive dental care is key  
to overall health.



Routine dental visits are about more than brightening your smile — they're important for maintaining your overall health too. Certain preventive dental care services, such as cleanings, oral exams and routine X-rays, are **covered at no additional cost** when you use a network dentist.

## The importance of preventive dental care.

**1.5x**  
more likely  
to develop gum  
disease without  
routine  
preventive dental  
care.<sup>1</sup>

**22%**  
less likely  
to need care at  
an emergency  
room or  
urgent care  
center.<sup>1</sup>

**37%**  
reduction  
in dental  
costs<sup>1</sup>

## myCigna makes it easier to manage your dental plan.

Once your benefits are effective, you'll be able to register for your personalized **myCigna.com**<sup>®</sup> account, which lets you:

- Find in-network dentists in your area.
- Compare procedure costs and read verified patient reviews and ratings.
- Consult with a licensed dentist 24/7 through Cigna Dental Virtual Care.<sup>2</sup>

### Questions?

We're here to help 24/7/365 with live customer support in over 150 languages. Call us at **1.800.Cigna24**, or chat with us on **myCigna.com**.

Together, all the way.<sup>®</sup>



1. Preventive Dental Treatment Associated with Lower Medical Utilization and Costs." National study of Cigna customers with dental and medical coverage, updated December 2020. Individual results may vary.
2. Cigna provides access to virtual care through national teledental care providers via myCigna.com as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers and is a requirement for this service. See your plan materials for the details of your specific Dental plan. This service is separate from coverage for virtual dental care obtained by your Dental plan's network and may not be available in all areas. A referral is not required for this service.

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