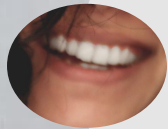




# *February 2021 Health & Benefits Wellness Incentive Training "Importance of Oral Health & Benefits"*

## Topics Include



Importance of good oral health care.



Maintaining a dental exam schedule.



How to obtain your Aetna dental card & view dental claims.



Learn how you can earn a wellness incentive point for having a dental check up!



**EARN 1 WELLNESS CREDIT FOR  
HAVING A DENTAL MAINTENANCE EXAM**



**Presented by:**

**Aetna Sr. Account Manager, Cindy Navarro  
& City of Laredo, Health & Benefits Division**





# Smile On

A healthier mouth, a healthier you

## A Big Role In Your Overall Well-Being

Having a healthy mouth & smile can do more than just boost your self-esteem. It also helps avoid problems in your mouth such as gum disease. Gum disease can increase the risk for other serious health problems.

## Stay Healthy with dental benefits

Studies show treating gum disease can lessen the severity of some serious medical conditions and may reduce the risk of complications.

We want to make sure you have the information you need to make informed decisions about your dental health care. If you are pregnant, have heart disease or diabetes, a visit to a dentist periodically is essential to prevent & treat gum disease.

## Your oral health matters more than you think

Day and night you make it a priority to take care of your teeth & mouth.

- You brush to ward off cavities.
- You brush to avoid bad breath.
- You do it to maintain a beautiful smile.

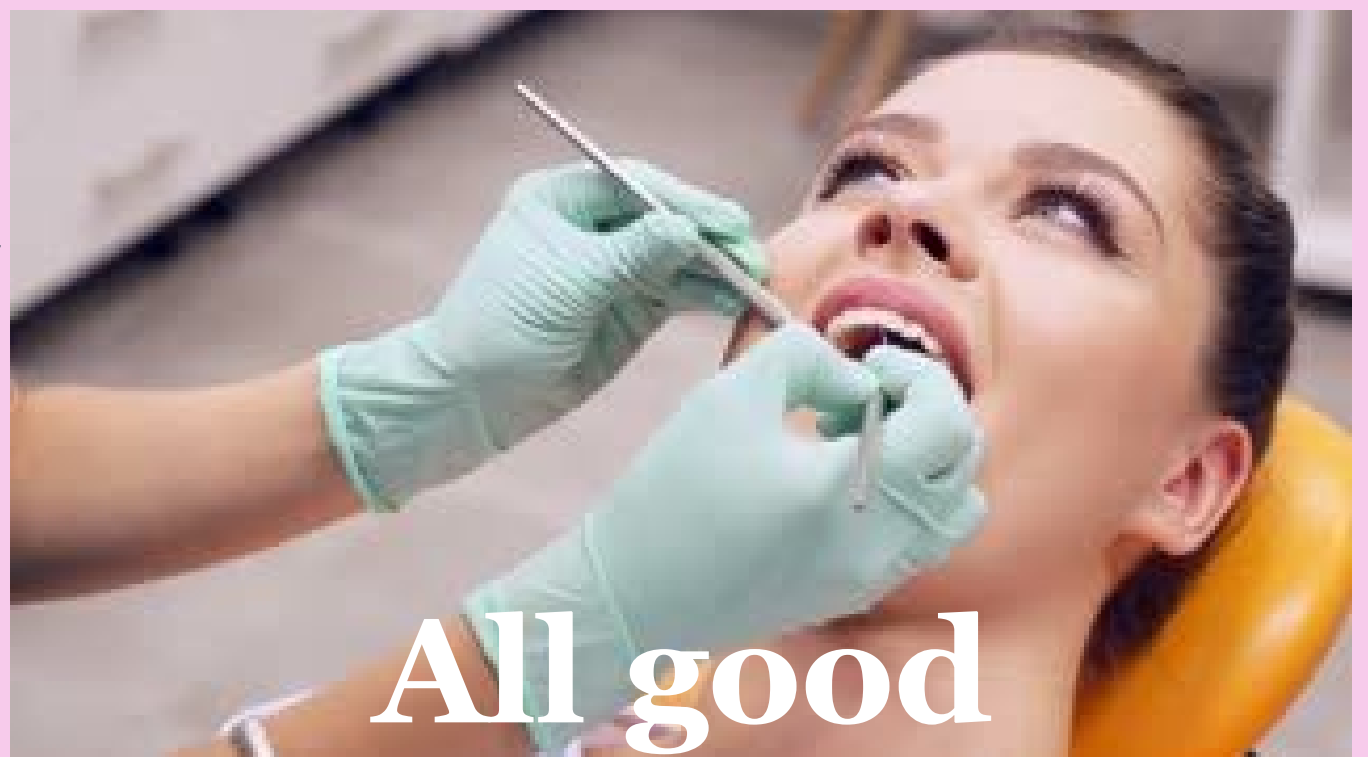
**BUT Studies show that good oral health may be a vital part of your overall health.**

There is a mouth-body connection. What goes on in your mouth can affect the rest of your body.

And at the same time what goes on in your body can also affect your mouth.

## Practice Good Oral Care & You Can:

- Cut your risk for heart disease
- Lower your risk of stroke
- Lower the chances of premature birth
- Help lower your risk of diabetes



# All good

Preventive dental care can help reduce health risks



# What's the difference between the Aetna Core & Deluxe Dental Plans?



## Dental Plan Summary

### CORE

### DELUXE

#### Services covered but not limited to:

##### Preventative Services

Oral Exams 100%

Cleaning 100%

Bite Wing X-Rays 100%

Fluoride 100%

Sealants\* 100%



##### Basic Services

Covered at 80% after deductible is met

Some Root Canal Therapy

Gingivectomy

Silver fillings



##### Major Services

Covered at 50% after deductible is met

Crowns

Oral Surgery



**Annual Benefit Max \$ 2000**

**Deductible Ind \$25/ Fam \$75**

**Orthodontic Services & Dentures -  
NOT COVERED**



#### Services covered but not limited to:

##### Preventative Services

Oral Exams 100%

Cleaning 100%

Bite Wing X-Rays 100%

Fluoride 100%

Sealants\* 100%



##### Basic Services

Covered at 80% after deductible is met

Some Root Canal Therapy

Gingivectomy

Silver fillings



##### Major Services

Covered at 50 % after deductible is met

Crowns

Oral Surgery



**Annual Benefit Max \$ 5000**

**Deductible Ind \$50/ Fam \$150**

**Orthodontic Services - covered at  
50% after deductible is met**

**\$2000 Lifetime Maximum Ortho  
\*\*\*1 year Wait period for Ortho\*\*\***

**Dentures - covered at 50 % after  
deductible is met**



The City of Laredo offers a self insured Dental Benefit. Dental claims are administered through Aetna Dental PPO. With Aetna Dental PPO you can visit any out-of-network dentist, but pay a little more. Or you can stay in our broad network to budget and save. No referrals are required.

#### Frequencies & Limitations:

- Exam - 2 every year
- X-Ray - 1 every year
- Cleaning - 2 every year
- Fluoride - 2 every year for children 18 & under
- Sealant - 2 every 3 years for children ages 15 & under



# Helping You Take Charge

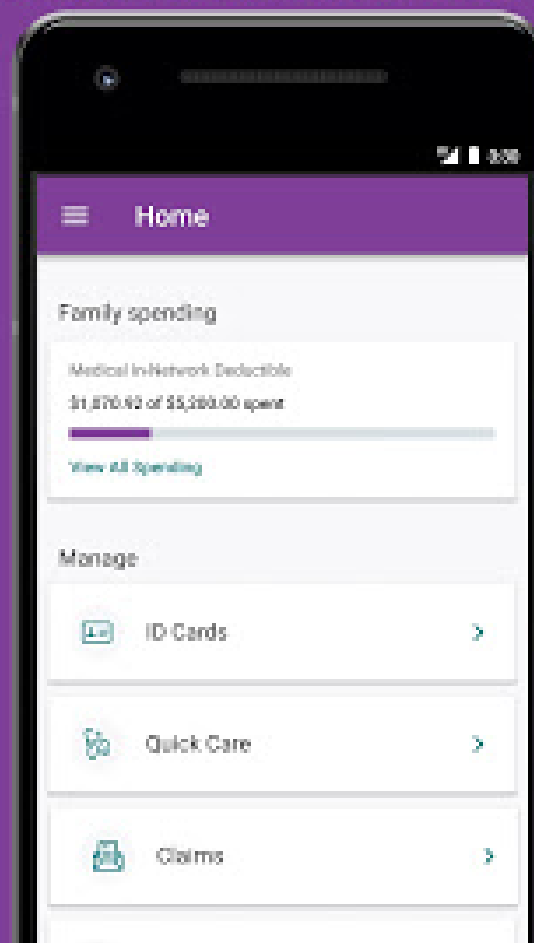
## Stay on top of your dental benefits with the Aetna Health app.



With the Aetna Health app, you can:

- View your dental plan summary.
- View claims details
- Search for IN-Network Dentists
- Access your ID Card

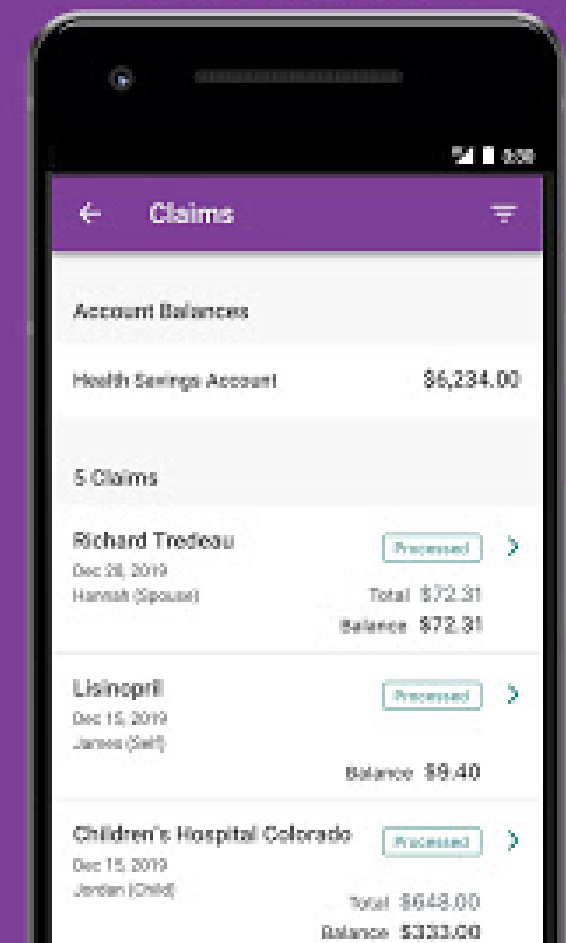
View your benefits and progress toward deductibles



Get your digital member ID card



See claims list and account balances



# Lets Get Started!

## **STEP #1: Text "DENTAL" to 90156**

< 90156



Friday, February 26, 2021

10:59 AM

Dental



Thanks for your interest in the Aetna Health app. Learn more & download at <https://aet.na/2JPwSJH>. Msg & data rates may apply. Reply STOP to cancel.

11:00 AM

## **STEP #2: Click on link**

## **STEP #3: Install app**



Aetna Health

Aetna Inc

Install

## **STEP #4: Create an account**

### Create an Account

To get you set up, we just need some basic info.

First Name

Last Name

Birth Month

Birth Day

Birth Year

Email

ZIP Code

### Your Member Info

Choose how to create your account. Most people use their Member ID.

[Need help finding your Member ID?](#)

Member ID

Social Security Number

Member ID

Next

# Your Dental Discounts

## Start saving on dental care products

As a member, you can now save on a variety of products like Z Sonic toothbrushes, replacement heads and dental care kits, whether its for travel or a specific age group, Aetna dental has got the kit for you.

## No claims, referrals or limits

you can forget about claims and referrals. Just get the tools you need at

**[myzsonic.com/aetna](https://myzsonic.com/aetna)** and use the discounts whenever you'd like, *no limits.*

## Choose the toothbrush that works best for you

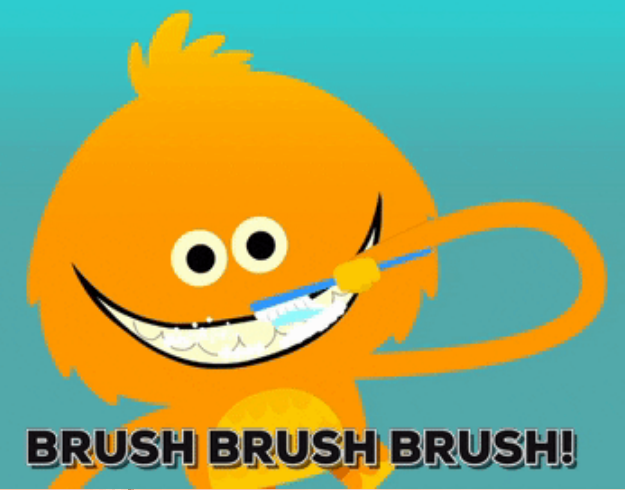
Some experts say that electric, "powered" or "sonic" toothbrushes clean teeth better than manual toothbrushes. Others report it doesn't matter which kind you use. But if you're prone to more plaque build-up or have trouble brushing on your own, electric brushes may be for you.

Whats more important than the toothbrush you choose? Brushing two times per day for two minutes with a fluoride toothpaste. Fluoride helps strengthen your teeth and prevent decay.

## Practice other good health habits

You'll want to floss at least once each day before brushing. It helps remove plaque from teeth & gums. And replace your toothbrush or brush head every 3 to 4 months. A worn out toothbrush wont work as well. Also, check in with your dentist every 6 months for a cleaning.

**REMEMBER, a healthy mouth helps keep you healthy overall.**





# Save on Dental Care Products [myzsonic.com/aetna](https://myzsonic.com/aetna)

## Z Sonic Pulse Toothbrush

~~\$99.95 MSRP~~

Aetna Member Price: \$59.95

Family Value - 3 or more units: \$49.95

\$40 Savings, with FREE S&H

Eliminates more plaque (21%) and gingivitis (11%) than manual brushing, and excellent battery life.

Source: Cochran Oral Health Group; 6-17-2014

[Add to cart](#)



[View Z Sonic On Product Page](#)

## Z Sonic Mini Toothbrush

The power of an electric toothbrush in a convenient travel size! At 16,000 pulses/ minute on the sensitive setting and 28,000 pulses/ minute on the highest setting, this toothbrush is the way to go to eliminate more plaque than manual brushing! The Z Sonic Mini is designed with a replaceable brush head and a toothbrush cover for easy brushing anywhere and anytime.

Purchase includes: 1 Z Sonic Toothbrush, 1 Brush Head and 1 AAA battery.

**\$15.95**

[Add to cart](#)



[View Z Sonic Mini On Product Page](#)  
(opens in a new window)

## Z Sonic Mini Toothbrush Replacement Heads

These replacement heads are exclusively compatible with the Z Sonic Mini only.

**\$15.00**

[Add to cart](#)



[Z Sonic Mini Replacement Heads On Product Page](#)  
(opens in a new window)

Best Kits On-The-Go!



### Adult Oral Health Kit

Don't forget your "total travel teeth tools" for that next meeting!

**\$7.74**

[Adult Oral Health Kit Details](#)  
(opens in a new window)

[Add to cart](#)



### Baby Oral Health Kit

Start your baby off right and give them a smile that will last a lifetime!

**\$8.10**

[Baby Oral Health Kit Details](#)  
(opens in a new window)

[Add to cart](#)



### Teen Oral Health Kit

"Traveling Teens Treasures" for sleepovers, camp, travel & sports!

**\$16.74**

[Teen Oral Health Kit Details](#)  
(opens in a new window)

[Add to cart](#)



**1-877-238-6200**

**Group# 143061**



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**Health & Benefits Division**

**City Hall Annex**

**1102 Bob Bullock, 2nd floor**

**956-727-6460**



**City of Laredo  
Human Resources**

**Our purpose is OUR people**