

Be healthy:

Good oral health means more than just an attractive smile. Did you know that according to the Surgeon General*, oral health is integral to your overall health and well-being. Poor oral health can actually signal the presence of disease. Here are some tips to help you and your family have good oral health:

- Children should visit the dentist for the first time on or before their first birthday
- Children and adults should have routine cleanings once or twice a year
- Brush your teeth twice a day and floss between teeth daily
- Avoid foods high in sugar including chewing gum as prolonged exposure may cause tooth decay



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Humana brand dental products are insured by Humana Insurance Company, The Dental Concern, Inc., or Humana Health Benefit Plan of Louisiana, Inc.

Source: American Dental Association

*Oral Health in America: A Report of the Surgeon General, May 25, 2000

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Humana Dental Smart Choice

A dental plan that's a smart choice for your smile and your budget



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Why choose Humana Dental Smart Choice?

Good health starts with a healthy mouth and Humana Dental Smart Choice offers immediate and affordable benefits for individuals and families. Choose your provider from more than 170,000 dentist locations in the Humana PPO network. With no copays for routine exams and cleanings, you'll see it's a smart choice for you and your family's dental coverage needs.

Here are some reasons why:

- You get 100 percent coverage for most preventive services by visiting an in-network dentist
- No waiting period for diagnostic and preventive services
- No copays for your office visits so you pay nothing for routine exams and cleanings
- You can choose the in-network dentist you prefer
- No claims to file

Plus, you get all these extra benefits:

- Guaranteed approval and no age limits
- Low deductibles
- No waiting period for Pediatric coverage (up to age 19)
- Adult coverage for services like fillings and extractions after a six-month waiting period
- Easy-to-use online dental provider finder at **Humana.com**
- Variety of payment options to meet your needs

Prices range from \$26.80 to \$55.40 a month for children and from \$13.60 to \$35.90 a month for adults.

Service	Average Cost	Cost with Preventive Plus
Routine Exam & Cleaning	\$76*	\$0
X-rays	\$75*	\$0

*These average nationwide fees are based on MillimanUSA data. For demonstration purposes only. Costs vary by location. Plan includes annual deductible of \$100 for each covered individual.

Get immediate and affordable benefits with Humana Dental Smart Choice.

Humana Dental Smart Choice is designed for individuals and families who want to stay healthy and know the importance of regular dental exams and cleanings.

By giving your dental health the attention it deserves you'll also keep yourself healthy. And that's important – not only for you, but for your family too.

It's easy to enroll:

- through a Humana agent
- online through **Humana.com**
- online in the Health Insurance Marketplace

Visit **Humana.com** for more information or call **1-855-202-4080**