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You Can Tell Plenty about a Person by Their Teeth

It's not news that the mouth is connected to the rest of the body, but did you know the mouth is often used to diagnose, make a prognosis, treat and intervene on a host of diseases, such as heart disease and diabetes? In fact, the research linking oral health and overall health continues to mount.

Clearly, prevention of gum disease is an important step in maintaining overall health, yet the number of individuals with gum disease is daunting. According to the American Academy of Periodontology, more than one in three people over age 30 have gum disease. Conservatively speaking, that's 35.7 million people in the United States, and millions don't even know it.¹ With this in mind, CIGNA Dental has created a new online **Periodontal Risk Assessment Tool** designed to help individuals assess their risk for gum disease.

Online Tool Raises Awareness

The CIGNA Dental Periodontal Risk Assessment Tool is available in both [English](#) and [Spanish](#), at www.cigna.com, and the *tools* section of tstimetofeelbetter.com. For added convenience, members will also find the tool on our secure member website, myCIGNA.com.

Members simply answer 20 questions and the tool immediately provides a score indicating risk level for gum disease (low, low to moderate, moderate or high risk). They can print the detailed score sheet and take it to their next dental visit. With this information in hand, they're better prepared to help prevent gum disease or receive treatment if needed.

✔ **Periodontal (Gum) Disease Risk Assessment**

please print this page and share it with your dentist at your next dental check-up print

Patient Name: Age: Date: Score:

Low Risk -5 to 0	Low to Moderate Risk 1 to 6	Moderate Risk 7 to 11	High Risk 12 or greater
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Like many other health conditions, early diagnosis and treatment leads to better outcomes. Left untreated the disease can progress, leading to tooth loss and the potential for complications with heart disease, stroke, diabetes, pre-term birth, and other health issues.

Taking Care of Your Teeth Can Save Your Life - Literally

In September 2008, the University of Bristol in Britain and University of Otago in New Zealand both published [studies](#) showing that while risk factors like high cholesterol contribute to poor heart health and stroke risk, gum disease should be considered just as threatening.

These studies are just the latest findings in the growing body of evidence that support our approach to oral health integration. CIGNA Dental created the Oral Health Integration Program[®] in 2006 offering enhanced dental benefits to members based on risk factors including cardiovascular disease, stroke, diabetes, and pregnancy. The program is aimed at encouraging regular dental care and removing financial barriers for necessary and appropriate treatment.



For more information on the Periodontal Risk Assessment Tool, [click here](#).

We encourage you to share this tool with your employees.



CIGNA Vision: A Healthy Option for Employees — and Your Business.

When you examine the facts, it becomes apparent that vision care is a “must” for the health of your employees and your bottom line.

- Uncorrected vision can decrease employee performance by as much as 20 percent.¹
- An estimated 11 million employees go to work every day with vision problems, likely affecting their productivity in some capacity.¹
- Vision problems cost U.S. businesses an estimated \$8 billion each year in lost productivity.¹

Simply put, lack of vision care translates to increased error rates, accidents from reduced vision abilities, and extended time off for treatment of conditions left unchecked.

Unfortunately, with the continual use of computers on the job and at home, eyestrain and eye trouble are on the rise. Fortunately, there is something employers can do about it — provide employees with vision care, a low-cost option that benefits both your employees and your business.

With coverage for regular eye exams, common vision disorders can be detected, plus eye care professionals can help identify other serious medical conditions such as diabetes, hypertension and serious vision problems, many of which have no warning signs.

In addition to improved eye care, vision care is an easy way to add value to an employee benefit package. CIGNA Vision provides a cost-effective routine vision benefit solution that offers in- and out-of-network options and access to one of the largest national vision networks with over 40,000 providers at over 20,000 locations. In fact, CIGNA's vision care network provides the ultimate in choice, offering a flexible combination of retail locations, private practice optometrists and ophthalmologist offices. And with CIGNA Vision's integrated focus, employers can enjoy the administrative ease of one bill, one eligibility feed, and one account management team for all of their CIGNA plans.

For more information on CIGNA Vision benefits, contact your broker or CIGNA sales representative today. To learn more about the importance of vision care, visit our [Vision page](#) on [www.cigna.com](#).

The Adverse Effect of Computers on the Eyes — And Efficiency

- By 2010, an estimated 69% of employees will use computers, up from 52% in 1997.²
- Eyestrain from computers is the top office-related health complaint today.²
- Some form of eye trouble affects nearly 90% of people that use computers more than 3 hours per day.²
- Properly corrected vision can increase worker productivity/inaccurate prescription can decrease it.³

Did You Know?

- Vision problems are the second most prevalent health problem in the United States.⁴
- Direct medical costs associated with vision disorders exceed similar medical expenditures for breast cancer, lung cancer and HIV, yet few Americans get regular eye exams or have vision coverage in their health plans.⁵
- Employers gain as much as \$7 for every \$1 spent on vision coverage.⁴



"Our research shows that vision loss continues to threaten the quality of life for millions of Americans."

- Daniel D. Garrett, senior vice president of Prevent Blindness America

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¹ Marcus Clark A., 2000. "Vision Benefits Aid Attack on Presenteeism". Employee Benefit News.

² Economics and Statistic Administration

³ AllAboutVision.com

⁴ Kleinsten, Robert N. 1984. "Vision Disorders in Public Health." Annual Review of Public Health 5:369-384

⁵ The Vision in Business report. Vision Council of America 2007