



HEALTHY SMILE, HEALTHY LIFE.

New Cigna survey looks at barriers to getting dental checkups despite having insurance.

Routine dental checkups do more than brighten your smile. They can help keep teeth and gums healthy throughout your life as well as possibly catch serious medical problems, such as diabetes and heart disease. However, according to a national Cigna survey¹, some people aren't taking full advantage of preventive services even when they have dental coverage.



OLDER ADULTS ARE LESS LIKELY TO REPORT "VERY GOOD" OR "EXCELLENT" ORAL HEALTH.

A HEALTHY MOUTH IS IMPORTANT AT ALL AGES.



OLDER ADULTS ARE MORE LIKELY TO SKIP AN ANNUAL DENTAL CHECKUP DESPITE HAVING INSURANCE.



FEAR FACTOR

Three main reasons why individuals with dental insurance didn't visit a dentist for a checkup in more than a year:

- 1 Concerned about costs
- 2 Afraid of seeing the dentist
- 3 Believe there isn't a need if their teeth don't hurt

MISSED OPPORTUNITY

More than one quarter

1

4

of adults in the United States who have dental insurance don't take full advantage of their preventive care benefits.

Results point to the importance of overcoming barriers preventing regular dental checkups so that individuals can get the most value out of their dental insurance and improve their oral health. Most dental plans cover in-network preventive care visits every six months with no or low out-of-pocket costs. Preventive care services can include an exam, teeth cleaning and certain Xrays.



EVEN ONE DENTAL VISIT A YEAR MAKES A DIFFERENCE

Individuals who visited the dentist once a year are **nearly twice as likely to report their oral health as "very good" or "excellent"** compared to those surveyed who did not visit a dentist.

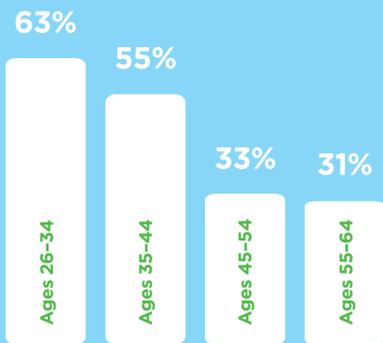
ACTIONS SPEAK LOUDER THAN WORDS



9 out of 10 individuals who don't receive regular dental checkups believe that dental health is important to overall health - but they aren't making oral care a high priority.



More than half of individuals say their medical health is a critical priority, while **only a third** say the same for their oral health.



REPORTED ORAL HEALTH DECLINES STEADILY WITH AGE

Self-reports of oral health among those who aren't regularly accessing dental care **drops steadily with age.**

PERCENTAGE OF PEOPLE WHO SAY THEIR ORAL HEALTH IS "VERY GOOD" OR "EXCELLENT"

1. All statistics are from *Why People with Dental Insurance Skip Oral Health Check-Ups: Key Insights into the Barriers to Preventive Dental Care*, Cigna Corporation, October 2014.

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