

Dental XtraSM

Medical-dental integration for better health

Dental health has a significant, direct impact on our overall health. If you have health and dental coverage with Arkansas Blue Cross and Blue Shield, your employees can benefit from our integrated health and dental program, Dental Xtra. Through this unique, cost-saving offering, our health and dental plans work together to review medical claims to identify employees with eligible medical conditions (see table below) and enroll them automatically. Enrolled members receive additional preventive and periodontal services at no extra cost.

Driving better health and lower costs

A recent study by the Mayo Clinic, using data from Dental Xtra, found that enrolled members realized significantly lower healthcare costs when they followed the program's preventive dental care protocols. Those who stopped participating saw an immediate increase in medical expenses.¹

Automatic enrollment of members based on medical claims is key to realizing the cost savings and is a feature that only an integrated medical-dental carrier can provide.

Dental Xtra services by medical condition	Two additional preventive visits, plus:	
	Periodontal scaling covered 100% ³	Cancer screenings; fluoride treatments
Chronic obstructive pulmonary disease ²	✓	
Coronary artery disease	✓	
Diabetes	✓	
End-stage renal disease ²	✓	
Head and neck cancers		✓
Metabolic syndrome ²	✓	
Oral cancer		✓
Pregnancy	✓	
Sjögren's syndrome		✓
Stroke	✓	

Mayo Clinic researchers found that members enrolled in Dental Xtra for diabetes or coronary artery disease experienced **25%-36% lower inpatient medical costs.**¹

Questions?

Learn more at arkbluecross.com/dental-xtra or contact your Arkansas Blue Cross representative.



¹Borah, B.J., Brotman, S.G., Dholakia, R., Dvoroznak, S., Jansen, M.T., Murphy, E.A., Naessens, J.M. (2022, March) "Association Between Preventive Dental Care and Healthcare Cost for Enrollees With Diabetes or Coronary Artery Disease: 5-Year Experience." *Compendium* 2022;43(3):130-139.

²Starting Jan. 1, 2023.

³A member's plan must include periodontal coverage to receive this benefit.

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