

May 2019

Oral Wellness Newsletter

At United Concordia, we strive to make employee engagement with dental benefits and overall wellness initiatives easier than ever for our partners. The content within this newsletter is yours to use through your employee communication channels - from company newsletters to your business' internal intranet. Simply highlight the text within this email, copy and paste the content to share; or use the new "forward this email" link in the upper right corner of the email newsletter.

We welcome your feedback as we grow our content offerings to support your employee wellness engagement endeavors!

Smile, it's springtime!

Happy May! This month, we're raising awareness about the effects of lupus, stroke, osteoporosis and smoking on your oral health. And in honor of Mother's Day, we're covering ways expectant moms can keep their smiles healthy. Check out this issue!



Living with lupus

If you have lupus, chances are you suffer from oral complications – 95% of people experience side effects in their mouths. Lupus can cause sores, dry mouth, cracked lips and may increase your risk for periodontal disease. And the medications prescribed to treat it can also cause mouth and teeth issues.

Our Smile for Health®-Wellness program offer extra coverage to members with certain medical conditions, including lupus. Find out if your plan offers this benefit and register your condition online.

Here's how to keep your mouth healthy:

- [Read](#) about lupus and your oral health
- [Learn](#) to care for your mouth with lupus
- [Download](#) our lupus infographic

May 31 is World No Tobacco Day

Make it your first day of no-more-tobacco-**EVER!** Get tools to help you to quit.

[Read](#) the immediate benefits of quitting.



Dealing with stroke's oral complications

Stroke can cause facial paralysis, weakened hands and difficulty swallowing. Even simple tasks like brushing your teeth can be tricky.

[Get](#) tips on caring for your mouth after stroke.

Bone up on osteoporosis

Osteoporosis can lead to decreased bone mass in the jaw area that supports the teeth, causing loose or lost teeth.

[Read](#) ways to add calcium into your diet and build stronger bones.



Oral health during pregnancy

New moms-to-be go through hormonal changes that can cause problems with oral health.

[Give](#) your mouth some extra babying with these dental care tips.



Extra coverage for gum disease care

Some United Concordia dental plans come with Smile for Health®-Wellness. This extra coverage helps people with certain medical conditions to treat their gum disease. If you're living with any of these conditions, you could be eligible:

- Cerebral vascular disease (including stroke)
- Cardiovascular (heart) disease
- Diabetes
- Lupus
- Oral cancer
- Organ transplant
- Rheumatoid arthritis
- Pregnancy

[Log in](#) to your *MyDentalBenefits* account so see if you have Smile for Health®-Wellness as part of your plan.

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