



Brush up on your dental benefits

Here to help you thrive with easier access to convenient, quality dental care

UnitedHealthcare dental is built for:



Ease

We're working to make it easier to stay on top of your benefits by letting you know what to expect – and providing tips for better dental health



Savings

Your plan is designed to help you get ahead of dental health conditions before they start, and keep tabs on developing ones – all to save time and money



Network access

You have access to the fastest-growing dental network with quality providers right in – or near – your community



Your life

UnitedHealthcare dental benefits grow with you, offering extra support during life stages like childhood, pregnancy and even while managing conditions like diabetes

Preventive services are covered at little to no cost when you see a network dentist, and include:

2 routine checkups in a 12-month period – 1 every 6 months*

- Includes cleanings
- Some plans cover more cleanings for an additional copay

Annual oral cancer screenings for adults

Screenings may include:

- Light contrast screening – a test that uses light to help your dentist find healthy and unhealthy tissue
- Brush biopsy – a tissue sample taken from a suspicious area

Care after oral surgery

To help reduce the risk of opioid complications:

- Follow federal guidelines if opioids are recommended
- Tell your dentist about other medications you may be taking

Enhanced pregnancy benefits, such as:**

- Additional cleanings
- Deep scaling
- Gum maintenance

*Please check your health plan for specific coverage details.

**Your enhanced benefits are available immediately once you're pregnant and for 3 months following delivery. There's no deductible to meet, and these enhanced benefits don't count toward your plan's annual limit. Ask your dentist to include your obstetrician's name and your due date on your dental claim. We'll handle it from there.



Better dental care made easier

Help your kids start good habits early¹

- When your child's teeth first appear, brush them twice daily with a soft toothbrush or wipe with a washcloth or soft gauze
- Make the first dental appointment at age 1
- At age 3, add a pea-sized dab of fluoride toothpaste and continue to brush their teeth twice a day
- Floss when teeth start touching
- Limit sugary snacks and drinks
- Provide meals from the 5 basic food groups
- Schedule regular dental checkups – they're important for a healthy mouth and your child's overall health

Regular screenings may help protect you from:

Diabetes

People with diabetes have a weakened immune system, which may make it harder to keep bacteria from causing gum disease and raising blood glucose levels.²

Heart disease

Gum disease allows bacteria to get into the bloodstream, increasing the risk for heart attack and stroke.²

Respiratory conditions

Gum disease bacteria can be inhaled and may increase the risk of pneumonia and infections.²

Rheumatoid arthritis

Gum disease can increase the severity of arthritis.²

Discover the mouth-body connection



Your mouth reflects your overall health



Your dentist can detect signs of disease



Infections in your mouth can affect your entire body

Know the warning signs

Gum disease is a painless condition, and many people don't realize they have it. When your gums are infected, bacteria and toxins enter your bloodstream, which may worsen other health conditions. If you experience any of the following, see your dentist immediately:

- ✓ Red, swollen or tender gums
- ✓ Gums that bleed when you brush
- ✓ Bad breath
- ✓ Loose teeth
- ✓ Changes in how teeth fit together

#1 chronic infectious disease affecting children is tooth decay³

1 in 5 cases of total tooth loss is linked to diabetes⁴

2.5x higher risk of stroke for people with severe gum disease⁵

Learn more

Once enrolled, view benefits and cost tools at myuhc.com[®] or on the UnitedHealthcare[®] app

United
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¹ American Dental Association. Healthy Habits. <https://www.mouthhealthy.org/life-stages/babies-and-kids/healthy-habits-babies-and-kids>, accessed June, 2025.

² Mayo Clinic, "Oral health: A window to your overall health." <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>, March 14, 2024.

³ Centers for Disease Control and Prevention. Oral Health Tips for Children. <https://www.cdc.gov/oral-health/prevention/oral-health-tips-for-children.html>. May 2024.

⁴ National Library of Medicine. Association between type 2 diabetes (T2D) and tooth loss: a systematic review and meta-analysis. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9006550/>. April 2022, accessed June 2025.

⁵ Journal of Translational Medicine. Periodontitis is associated with stroke. <https://translational-medicine.biomedcentral.com/articles/10.1186/s12967-023-04545-1>. Published October 2023, accessed June 2025.

The UnitedHealthcare[®] app is available for download for iPhone[®] or Android[®]. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

The information provided is for educational purposes only. Once enrolled in UnitedHealthcare Dental plan, please refer to your certificate of coverage for a full description of benefits.

This policy has exclusions, limitations, reduction of benefits and terms under which the policy may be continued in force or discontinued. For costs and complete coverage details, contact the company.

UnitedHealthcare dental coverage underwritten by UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Dental Benefit Providers, Inc., Dental Benefit Administrative Services (CA only), DBP Services (NY only), United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number DPOL.06.TX, DPOL.12.TX, DPOL.12.TX (Rev. 9/16) and DPOL.18.TX and associated COC form numbers DCOC.CER.06, DCOC.CER.IND.12.TX, DCERT.IND.12.TX and DCOC.18.TX. Plans sold in Virginia use policy form number DPOL.06.VA with associated COC form number DCOC.CER.06.VA, policy form number DPOL.12.VA with associated COC form number DCOC.CER.12.VA or policy form number DPOL.18.VA with associated COC form number DCOC.18.VA.