



PRESORTED
FIRST-CLASS MAIL
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PAID
WEST CHESTER, PA
PERMIT NO. 300

Something you need
to know

Preventive
dental care
can help reduce
health risks.

See your dentist to help with a healthy pregnancy

Research shows that pregnant women with periodontal disease may be twice as likely to deliver a preterm baby than women without gum disease.¹

As a member of an Aetna dental plan, we want to make sure you have the information you need to make informed decisions about your health care if you are pregnant or planning a pregnancy.

Take advantage of the enhanced dental benefits we offer to treat periodontal (gum) disease during pregnancy. If you are pregnant, your dental plan will automatically cover an additional cleaning or visit to treat gum disease.

If you would like assistance in making a dental appointment, or have any questions, please call us at **1-800-779-3357**, Monday through Friday, 8 a.m. to 6 p.m. ET. A dental care coordinator will be happy to assist you.



The American Dental Association recommends regular dental checkups to maintain optimum oral health. We encourage you to use your Aetna Dental® benefits to help keep you as healthy as possible! Please note that your Aetna medical and/or dental plan(s) may or may not cover all your dental expenses. Consult your plan documents for details.

A visit to the dentist is strongly recommended if you have any of the following:

- Bleeding gums
- Gums that appear to be receding
- Persistent bad breath
- Shifting or loose teeth

Manage your dental care online, anytime

When you register for our Aetna Navigator® secure member website at **www.aetna.com**, you can:

- Find a network dentist through our online directory
- Review who is covered by your plan
- Check claims and review statements
- Request replacement ID cards
- Contact Member Services

¹Vergnes J-N, Sixou M. Preterm low birth weight and maternal periodontal status: a meta-analysis. *American Journal of Obstetrics and Gynecology*. 2007;196:135.e1-135.e7.

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