

thank you

for considering a
HumanaOne dental plan.

Let us help improve
your dental health.



Join the Peoples' Benefit Alliance (PBA)

HumanaOne Preventive Plus Plans require membership in the PBA, a nonprofit membership organization.* Benefits include the GlobalFit fitness program, discounts for vitamins and car rentals, and rebates/discounts at www.HopTheShops.com online shopping mall. Monthly dues are required.

For details, go to
www.peoples-benefit.com or
call 1-866-838-8437.

* PBA membership not required in Colorado, Georgia, Maryland, New Hampshire, New York, South Dakota, Utah, or Washington State.

HUMANA
one

Insured or administered by
HumanaDental Insurance Company

GN-52197-HD 8/09

Dental health impacts your health and medical costs



HUMANA
one

We're happy you are considering a HumanaOne Preventive Plus plan. Our dental plan encourages preventive treatment to help you achieve good dental and overall health.



Make regular dental visits a priority

Dental care is an important part of maintaining good overall health. Regular cleanings can reduce the likelihood of developing gum disease which has been linked to other serious conditions such as heart disease, diabetes, and stroke.

Here are some more reasons oral health is an important part of a healthy lifestyle:

- Oral cancer, if caught early, can be treated. If it is not, cancer may spread to the rest of the body.
- Most adults over the age of 25 have some form of periodontal disease, the severity increasing with age¹.
- The lower respiratory tract can draw in bacteria from the mouth and throat, causing infections and worsening lung problems.
- Keeping your teeth and gums healthy can add 6.4 years to your RealAge[®] life expectancy².

¹ Oral Health in America: A Report of the Surgeon General, 2000

² Dr. Michael Roizen, RealAge.com

Dental savings

Visit one of our many participating providers and receive the following preventive services, at no cost to you:

- Oral examinations
- X-rays
- Routine cleanings
- Topical fluoride treatments
- Sealants

In addition, other dental procedures are covered with substantial savings to you. Many basic services are covered at 50 percent, and all major services are offered at significant discounts. It's simple to compare and determine your savings by reviewing your plan details.

What's your dental IQ? The dental health assessment at **MyDentalIQ.com** immediately rates your dental health knowledge and delivers a personalized action plan with health tips. Print a copy of the scorecard to discuss with your dentist.

More reasons to choose a HumanaOne Preventive Plus plan

- You can see any dentist. Plus, by choosing in-network dentists, you can take advantage of discounts averaging 27 percent.
- Plan covers services most often used, which helps you maintain good oral and overall health
- Large provider network; you'll find a dentist you know and trust – one who practices near your home or place of work.
- We deliver genuine customer service

