

Committed to your overall well-being

HumanaDental is making it easier to detect and treat periodontal disease that, left untreated, can result in tooth loss. Your plan now covers a total of four cleanings and four exams—two regular and two periodontal cleanings and exams—every year at no additional charge to you or your employer.

HUMANA DENTAL

HumanaDental.com 1-800-233-4013

10 tips to keep you smiling

Oral infections can cause or aggravate overall health problems and ultimately lead to higher healthcare costs. Here are 10 suggestions from the American Academy of Periodontology that you can take to help ensure a healthy mouth:

- 1. Use a soft-bristled toothbrush.
- 2. Choose a toothpaste with fluoride.
- 3. Brush properly for at least two-and-a-half minutes.
- 4. Floss properly.
- 5. Find out if your teeth are free of plaque with a disclosing tablet or solution, available at your drugstore.
- 6. Stop using tobacco products.
- 7. Watch for signs of periodontal disease that may include bleeding gums during brushing; red, swollen or tender gums; and persistent bad breath.
- 8. Be aware of habits such as teeth grinding.
- 9. Tell your dental professional about any medications you are taking.
- 10. See your dentist or periodontist regularly.

* Taking care of your mouth to avoid periodontal disease may help you live longer. "Keeping your teeth and gums healthy increases your RealAge by 6.4 years," says Dr. Michael Roizen. He is a best-selling author, host of a Humana-sponsored radio show, co-founder of wellness Website RealAge.com, and division chairman of anesthesia, critical care medicine, and pain management at Cleveland Clinic.





First aid when you lose a tooth

You need to act quickly when a permanent tooth gets knocked out. These tips from Mayo Clinic may increase the chance that it can be re-implanted:

- › Handle the tooth by the top.
- › Avoid rubbing or scraping it to remove dirt.
- › Rinse your tooth in a bowl of tap water.
- › If possible, replace your tooth in the socket, and bite down gently on gauze or a moistened tea bag so it stays there.
- › If you can't put your tooth in the socket, place it in whole milk, your saliva, or a warm solution of ¼ teaspoon salt to a quart of water.
- › Seek immediate medical attention from a dentist or emergency room.

Give your toothbrush a new life

The American Dental Association recommends replacing your toothbrush every three or four months – sooner if bristles become frayed. These recycling ideas for your old brush are from the World Environmental Organization:

- › Polish shoes
- › Clean threaded mechanical parts
- › Scrub greasy auto parts
- › Use as a coarse paint brush
- › Clean combs
- › Brush away buildup around faucets and in the grooves between the tiles in your bathroom

Check out our new online look

Our redesigned Website at HumanaDental.com makes it easier to access the information you need, including finding a dentist who participates in the HumanaDental Network.


When you enter your member ID number, Dentist Finder automatically identifies the plan and network, taking you to a search by address and distance, or state and county. You pick the provider type or specialty to see a list of dentists who meet the criteria. Create a custom PDF directory of your search results for easy printing or e-mailing.

Other user-friendly features include:

- › Translate any page to Spanish by clicking the “espanol” link at the top of the page. To go back to English, simply click the link again.
- › Easily access the most popular site sections featured on the home page.
- › Quickly compare plan features and benefits.

If you haven't already done so, be sure to register for all the tools and resources accessible from your personal home page at HumanaDental.com. Simply click “Register now.” Have your member ID number handy.



 Watch for a Dental Health Risk Assessment tool coming soon to HumanaDental.com.