

## Sugarless gum can contribute to good oral health



If you like chewing gum, especially sugarless gum, you could be helping to improve your oral health. According to recent studies, chewing sugar-free gum helps reduce plaque, cavities, and prevents stains on teeth.

Chewing sugar-free gum for 20 minutes after a meal is a good oral hygiene routine. As you chew gum, your mouth produces saliva, which helps clean teeth by washing away trapped food particles, according to the American Dental Association. Increased saliva actually can strengthen enamel because it's rich in minerals that can be absorbed by your teeth. While chewing gum can't take the place of brushing and flossing, it is a good alternative when brushing is not possible.

You may be wondering whether tooth whitening gums really work. Because only a small amount of whitener is present in the gum, you probably won't see any dramatic differences in the color of your teeth, but the increased saliva flow from chewing gum can prevent future tooth discoloration by washing away staining agents.

### Help manage your weight

Sugarless gum is portable, inexpensive, and low in calories. At 5 to 10 calories per serving, gum is a great way to avoid munching and to reduce calorie intake.

## More in-network dentist choices

Humana adds new participating dentists to the HumanaDental PPO network every day. With more than 120,000 dentist locations, you can find an in-network dentist near your work or home and save money on out-of-pocket expenses. Go to [HumanaDental.com](http://HumanaDental.com) or call 1-800-233-4013 to find a participating dentist.



### What's considered cosmetic dentistry under my plan?

Benefits are not available for services provided by a dentist solely to improve appearance. Examples: teeth whitening, crowns, and veneers to change the color or shape of teeth, and tooth color restorations on back teeth.

Note: Benefits are subject to deductible, annual maximum benefits, and frequency limits, based on plan provisions, that may impact your share of the cost. See your group plan document for details.

## Go green: receive your EOB by e-mail

From the reusable cloth bags at your local supermarket to new renewable sources of energy, everyone is doing his or her part to be "green," or more environmentally friendly. We're also looking at ways to generate less waste and help the environment. By choosing to receive your Explanation of Benefits (EOB) electronically, you can save valuable time and paper resources. Plus, you'll be keeping your personal health information safe and secure.

With online EOBs, you can view and download your EOBs quickly rather than having to keep track of countless hard copies. To take advantage of this convenient service, simply update your personal preferences at [HumanaDental.com](http://HumanaDental.com) to indicate an e-mail address where you would like your e-EOB sent.

If you have a Humana health plan, and have already chosen to receive a medical e-EOB, you'll automatically receive the dental e-EOB.



## You can help keep costs down by knowing how to spot fraud

Did you know it's estimated that more than \$10 billion is lost each year to healthcare benefits fraud and abuse? Unfortunately, fraud increases costs, which result in higher premium costs for members.

Members are often the first line of defense in battling fraud and play an important role in helping detect suspected fraud and plan abuse. Fraud includes billing for services not provided or up-coding for routine cleaning or routine procedures. Other fraudulent billing practices include charging for the highest forms of metal when the member received a standard metal crown.

### The following tips can protect you:

- › Keep detailed reports of the treatment you receive and the amounts you pay
- › Ask your dentist what the fees are
- › Carefully review your Explanation of Benefits (EOB) statements
- › Question your dentist and ask for clarification if you see problems or inconsistencies on your bills
- › Obtain detailed bills for services and carefully check them for accuracy
- › Keep your member identification number secure

If you suspect fraud or abuse of HumanaDental services, call our hot line at 1-800-614-4126, and leave a detailed message with your name and phone number. If you wish to remain anonymous, please state that and leave as many details as possible. All calls are confidential.

\* The National Health Care-Dental Expenditures Report and National Health Care Anti-fraud Association, 2009