

# Dental Xtra



A unique program that helps improve your overall health



Dental health has a significant, direct impact on our overall health. Through Arkansas Blue Cross and Blue Shield’s Dental Xtra program, our dental and medical plans work together to help you live healthier.

Dental Xtra provides additional benefits to members with eligible medical conditions that can reduce the severity of these conditions and lower the medical costs associated with them.\* Once enrolled, we’ll send you reminders to use these valuable benefits.

## Valuable benefits at no extra cost

Dental Xtra provides additional dental services at no extra cost when you visit an in-network provider. There are no waiting periods and program services don't count toward your annual maximum.

You’re automatically enrolled if you have Arkansas Blue Cross medical and dental plans and an eligible medical condition (see table below). If you’re pregnant or have only an Arkansas Blue Cross dental plan, you can easily self-enroll at [arkbluecross.com/dental-xtra](http://arkbluecross.com/dental-xtra).



### If you've been diagnosed with:

- COPD
- Coronary artery disease
- Diabetes
- End-stage renal disease
- Metabolic syndrome
- Pregnancy
- Stroke

- Oral, head and neck cancers
- Sjögren’s syndrome

### You'll receive:

**2** additional cleanings or periodontal maintenance visits, plus:

**Periodontal scaling covered 100%**

**2** additional cleanings or periodontal maintenance visits, plus:

**Cancer screenings 2x per year**  
**Fluoride treatments 4x per year**



\*Borah, BJ., Brotman, SG., Dholakia, R., Dvoroznak, S., Jansen, MT., Murphy, EA., Naessens, JM. (2022, March) "Association Between Preventive Dental Care and Healthcare Cost for Enrollees With Diabetes or Coronary Artery Disease: 5-Year Experience." Compendium 2022:43(3):130-139.