



About Your Dental Care Chugach Alaska Corporation

Why is dental health important?

Regular dental care can give you more than a bright smile. Poor oral health is linked to heart disease, stroke, diabetes, premature birth, osteoporosis and Alzheimer's Disease.

By using your dental benefits, you can lower your risk of these health conditions.

The Aetna dental provider network

When you and your family seek dental care, you have access to Aetna's broad dental provider network. When you visit providers in the Aetna dental provider network, you'll will receive services at strong, negotiated rates, helping you to save on the cost of dental services.

Locating your dental providers

With Aetna's comprehensive provider participation, many of your preferred dental providers may already be in the Aetna dental provider network. You can check whether or not a dentist participates by visiting <http://www.aetna.com/docfind/custom/mymeritain/>, then selecting the *Aetna Dental Access/Vital Savings by Aetna* plan.

What if I use a provider that's not in the Aetna dental provider network?

Your plan allows you to use in- or out-of-network providers at the same level of benefit coverage. Just keep in mind that when you visit an in-network provider, you may have access to valuable discounts that you may not receive from an out-of-network provider.

Keep your smile white and bright!

Follow these tips to keep your pearly whites in top condition:

- See your dentist regularly. Many children and adults visit their dentist every six months, but, your dentist may want you to attend check-ups more often based on your needs.
- Avoid drinking products that stain your teeth (such as coffee, tea or red wine), or use a straw so the liquid bypasses your front teeth.
- Brush or rinse right after consuming stain-causing beverages or foods.
- Brush your teeth twice daily and floss once daily.
- Use a whitening toothpaste once or twice a week to remove stains and prevent yellowing.

Questions? Just call Meritain Health using the phone number printed on your ID Card.