



# HOW DENTAL BENEFITS IMPROVE EMPLOYEES' WELL-BEING

Delta Dental of Arizona White Paper



Offering a dental plan to your employees isn't just about oral health. Dental benefits have been shown to improve both oral health and overall well-being.

## THE IMPORTANCE OF PREVENTIVE CARE



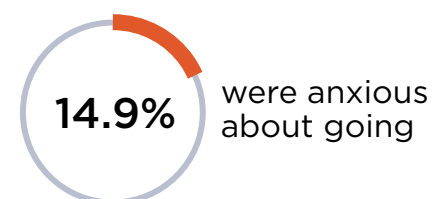
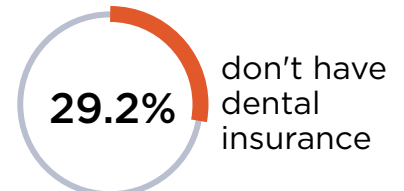
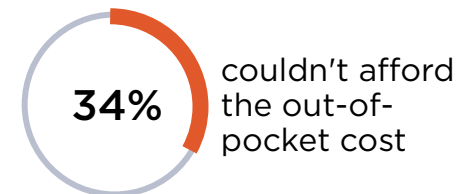
Americans lose more than 164 million hours of work every year due to dental disease.<sup>1</sup> But dental coverage can go a long way toward helping employees avoid oral health problems that require them to call in sick. Preventive care, like regular dental exams and cleanings, is typically fully covered under most dental plans (including many of those available from Delta Dental).

88% of adults say that having dental coverage gives them a reason to go to the dentist at least once per year.<sup>2</sup> By visiting the dentist regularly, employees can address dental issues right away—before they become costly, painful problems that lead to time away from the office.

In fact, every dollar spent on preventive care—like dental checkups and cleanings—saves \$8 to \$50 in restorative care.<sup>3</sup>

Preventive care is so important that many dental insurance companies, including Delta Dental, will work with benefits teams to build programs that encourage employees to use their preventive dental benefits.

## Top Reasons for Not Visiting the Dentist<sup>2</sup>



## THE MOUTH AND BODY CONNECTION



When it comes to physical health, regular dental visits can help with early disease detection. Signs and symptoms of over 120 diseases appear in the mouth, including diabetes and heart disease. Catching these diseases early can mean higher chances of effective treatment and less medical costs down the road. And last, but definitely not least, dentists may screen for oral cancer during routine checkups, which can dramatically aid in early detection and successful treatment.

Put simply, when your mouth is healthy, chances are your overall health is good too. This means that companies that offer dental benefits are more likely to have healthy employees who are able to contribute more when they are at work.

## ORAL HEALTH AND OVERALL HAPPINESS



In a national survey from Delta Dental, there appears to be a correlation between adults' dedication to their proper oral care and a belief that their overall well-being has improved. According to the survey, adults believe their oral health is closely connected to their overall health (94%) and that scheduling a dental appointment is as important as scheduling an annual physical (92%).

In addition, 96% of survey respondents agree that taking action to protect their oral health enables them to live a healthier lifestyle.<sup>2</sup>

By living healthier lives and feeling good about their oral and overall health, employees can focus their attention on what matters most. ■

### Top Medical Conditions that Affect or are Affected by Oral Health<sup>4</sup>:



Alzheimer's Disease



Cardiovascular Disease



Diabetes



HIV/AIDS



Low Birth Weight



Obesity



Osteoporosis

<sup>1</sup>Oral Health in America: A Report of the Surgeon General, <https://www.nidcr.nih.gov/datastatistics/surgeongeneral/report/executivesummary.htm>

<sup>2</sup>Delta Dental of Arizona, Adult Oral Health and Well-being Survey, 2024

<sup>3</sup>American Dental Hygienists' Association Access to Care Position Paper, 2001;

<sup>4</sup>[https://www.ada.org/~media/ADA/Public%20Programs/Files/bringing-disease-prevention-to-communities\\_adh.ashx](https://www.ada.org/~media/ADA/Public%20Programs/Files/bringing-disease-prevention-to-communities_adh.ashx)