Did you know the health of your teeth and gums can affect your baby’s well-being? It’s true. Studies show that if you have gum disease when you’re pregnant, it can contribute to a type of diabetes prompted by hormonal changes. Gum disease is also associated with preeclampsia, a condition where toxins build up in the blood and cause high-blood pressure and other symptoms. This not only impacts your health but it can increase your chance of having a premature or low birth weight baby.

That’s why we’ve created the Prenatal Dental Care program, a special benefit for expectant mothers throughout their pregnancy and the first three months following delivery. This program provides extra coverage for specific dental services, including:

- Dental cleanings
- Deep scaling (non-surgical gum treatment)
- Periodontal (gum) maintenance

When you take advantage of this program, these services:

- Are covered at 100%, so there’s no cost to you as long as you see a dentist who is part of our network
- Do not apply toward your annual maximum, which is the maximum amount the dental plan will cover in a given year
- Do not apply toward your deductible – the amount you must pay before your dental plan coverage begins

Additionally, with the Prenatal Dental Care program:

- You don’t need a referral to receive these services
- If your plan has a waiting period – an amount of time you must wait before you’re eligible for your benefits – that waiting period does not apply to these services

In brief:

- If you are pregnant, see your dentist for a checkup. Tell him or her you’re pregnant and provide your doctor’s name and your due date
- Make sure your dentist includes your doctor’s name and your due date on the claim form
- All fees will be waived for eligible services, including cleaning, scaling and more
Make an appointment with your dentist.

To take advantage of the Prenatal Dental Care program, simply make an appointment with your dentist for a checkup and cleaning. Tell him or her your due date and the name of your doctor or nurse-midwife. Ask that your due date and the name of your medical doctor be included on the claim form, so your visit qualifies for this program.

Customer Care.

For questions about the Prenatal Dental Care program, call Customer Care at the toll-free number listed on your ID card.