

January 2020

Oral Wellness Newsletter

Early happy New Year from United Concordia Dental! Here's our January Oral Wellness newsletter to share. Just click the "forward this email" button in the top corner. Or highlight a few selected articles, then copy and paste them wherever you like. Enjoy!



6 Tips to maximize your plan in 2020

Welcome to a new year of United Concordia Dental coverage! If your plan is effective starting January 1, you have 365 days of quality insurance to take advantage of. These tips can help you get the most value out of it.

Create a *MyDentalBenefits* account

This personal online account lets you view your coverage details and Explanation of Benefits (EOBs), check claims and payment status, access digital member IDs and more. You can even download the United Concordia Dental app and log in using the same credentials. [Sign up now](#)

Schedule preventive care

Most plans cover routine dental exams, cleanings and X-rays at 100%. Can't remember when you last saw the dentist? [Check your *MyDentalBenefits* account](#) to see when you're due for an appointment.

Use an in-network dentist

Remember, you save more money when you stay in network. [Use our Find-a-Dentist tool](#) to locate in-network dentists – and even schedule appointments online.

Understand your benefits

Your Schedule of Benefits shows what you may owe for different dental procedures. Keep it handy to help budget for your care. If you need a major procedure, ask your dentist for a

“predetermination” first. It’s a free estimate that helps you understand your costs so there are no surprises.

Know your deductible and annual maximum

A deductible is the amount you must pay for dental care before your plan starts helping out. Your annual maximum is the most your plan will cover each year. Most deductibles and annual maximums reset each year, so don’t put off dental work you need.

Take My Dental Assessment

See the impact of your lifestyle, diet, medical conditions and dental history on your oral health. Just take this two-minute online survey, and then print a report to review with your dentist at your next visit. You may even earn wellness points through your company! [Start My Dental Assessment](#)



Spice up your dental routine

Brushing, flossing and rinsing probably isn't the highlight of your day. But there are ways to make your routine a whole lot more fun.

Squeeze in a new flavor

Not all toothpaste tastes like peppermint. Look for tubes infused with cinnamon-clove, vanilla chai, dragon fruit, orange mint, fennel and other flavors. If flavors irritate your skin or stomach, or cause an allergic reaction, you can also buy flavorless toothpaste, and products that are free from other allergen-containing ingredients.

Toss in different floss

If you're tired of wrestling with standard dental floss, you have options. Check out water flossers, air flossers, and even single-use dental floss picks with handles that make it easy to reach the tightest spots.

Trade in your toothbrush

Instead of a manual toothbrush, try an electric model. Or simply swap that boring old brush for a fun color or one with charcoal-infused bristles for extra cleaning power. Make sure to choose a gentle, soft-bristled brush and replace it every three months.

Pop sugarless gum and candy

Chew sugar-free gum or suck on sugar-free hard candy in between meals. You'll help stimulate the flow of saliva, which rinses food off of your teeth and helps to reduce cavity-causing bacteria.[1]

Pack a travel kit

Stash a travel toothbrush in your desk, purse, backpack or gym bag. That way, it's easy to get rid of lunch leftovers stuck in your teeth and freshen your breath on the go.



Hey, great smile!

Mark your calendar for January 24. It's National Compliment Day, the perfect occasion to flatter someone's pearly whites. Offering a compliment is a powerful and magical gift. With just a few simple words of praise, you can light up a person's entire day.

Did you know that smiling is actually good for you? Smiling and laughing puts you in a better mood, lowers your blood pressure and can even help you live longer.[2] Plus, a genuine smile can make you seem more likable, attractive, intelligent and even trustworthy.

[Read the top 7 health benefits of smiling](#)

This salad's the pom!

Sure, they look funny on the outside. But inside, pomegranates are filled with gorgeous, glistening seeds surrounded by tart, sweet juice. Pomegranates are rich in antioxidants and antiviral properties, plus they have triple the antioxidants of green tea.[3] They're also a good source of Vitamin A, Vitamin C and folic acid.[3]

Choose a ruby red fruit that feels heavy for its size - that means it's juicy! If you're feeling ambitious, try removing the seeds yourself. Or pick up ready-to-use seeds at your local grocery store.

Pomegranates are only in season from September to February, so don't miss the chance to try one in this bright, fresh salad.

[Watch how to seed a pomegranate](#)



Arugula Salad with Goat Cheese, Oranges and Pomegranate Seeds

Ingredients:

3/4 cup extra-virgin olive oil
1/4 cup fresh lemon juice
2 tbsp. thawed frozen orange juice concentrate
3/4 tsp. coarse salt
1/2 tsp. ground black pepper

5 oranges
14 oz. arugula (about 16 cups)
3/4 cup pomegranate seeds
1 5.5-oz. package goat cheese, crumbled (about 1 cup)
1/3 cup finely chopped red onion

Preparation:

Whisk first 5 ingredients in bowl to blend.

Cut off peel and white pith from oranges, then slice into 1/4-inch-thick rounds. Cut each round into quarters. Transfer orange pieces to large bowl. Add remaining ingredients and lightly toss to combine all. Toss salad with enough dressing to coat and serve. Makes 10-12 servings.

Source: Bon Appétit, November 2002.

Workouts and jaw pain

Does your waistband fit a bit snugger after all that holiday snacking? Maybe your jeans really did shrink up in the dryer.

In reality, the average person only gains one pound during the season according to Stanford University. Still, you may be gearing up to start hitting the gym hard in January. Just remember that there's a direct connection between exercise and your oral health.

If you notice a throbbing in your jaw while you're pumping iron, the pain could be a symptom of several underlying conditions. Luckily, the solutions to alleviate your aches are straightforward.

[Read why your jaw might hurt from working out](#)

[1] [ADA; Oral Health Topics; Chewing Gum; 2019](#)

[2] [Harvard Medical School; If you're happy and you know it...you may live longer; 2019](#)

[3] [Medical News Today; 15 health benefits of pomegranate juice; 2019](#)



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