



# Routine dental care may help you save!



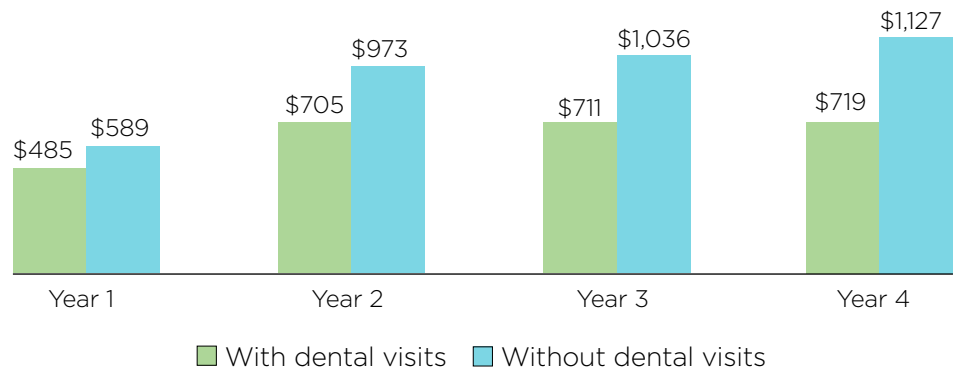
It's estimated more than \$45 billion in productivity is lost each year due to dental issues.<sup>1</sup>



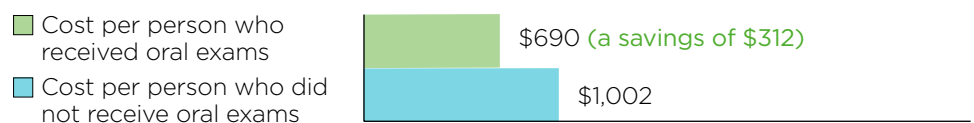
Delaying dental care may require more expensive treatment in the future.

## How much does a lack of routine visits cost?

The cost of visiting the dentist often increases for individuals who do not visit the dentist regularly. The below shows the average cost per person after one or more years with or without a visit to the dentist.\*



The below shows the cost for those who received preventive care and those who did not:\*



\*Data reflects national benchmark. <sup>1</sup><https://www.cdc.gov/chronicdisease/programs-impact/pop/oral-disease.htm>

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Delaying care may increase the risk of health problems such as diabetes, heart disease and Alzheimer's disease.

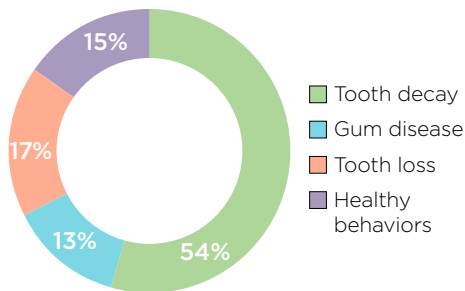


Individuals who keep routine dental visits tend to require less extensive treatment for oral health issues.

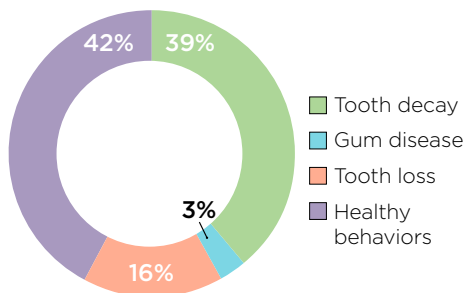
### What procedures are driving costs?

Below shows the distribution of procedure costs for those who did and did not visit the dentist for four years.\*

#### No visits



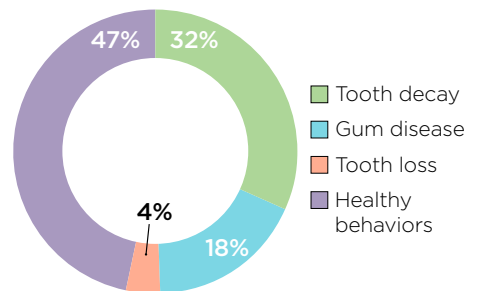
#### Regular visits



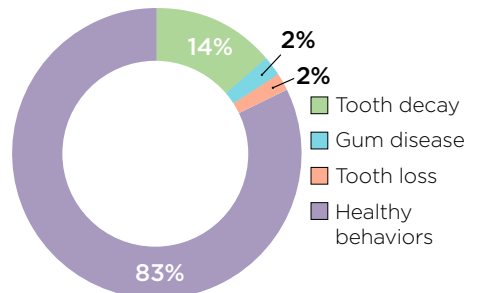
### What types of care do people need?

Below shows the distribution of procedures for those who did and did not visit the dentist for four years.\*

#### No visits



#### Regular visits



For more information about your dental plan, call 800.237.6060 or visit [DeltaDentalVA.com](http://DeltaDentalVA.com).

\*Data reflects national benchmark.