



How Your Smile affects your total health

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www.SolsticeBenefits.com



Diabetes & Oral Health

For the nearly 24 million Americans that have diabetes, many may be surprised to learn about an unexpected complication associated with this condition. Research shows that there is an increased prevalence of gum disease among those with diabetes, adding serious gum disease to the list of other complications associated with diabetes, such as heart disease, stroke and kidney disease.



Research also suggests that the relationship between serious gum disease and diabetes is two-way. Not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may have the potential to affect blood glucose control and contribute to the progression of diabetes.

People with diabetes have special oral care needs. It is important to take good care of your teeth and gums, along with regular visits to your dentist every six months. Good blood glucose control can also help prevent or relieve dry mouth caused by diabetes.

Do you “heart” your smile?

Research shows that people with periodontal disease are **twice** as likely to suffer from coronary artery disease than those without periodontal disease.

The Oral Health / Heart Health Connection

Periodontal disease has been linked to heart disease and understanding this connection is important to keeping your heart, and smile, happy.

Oral bacteria can affect the heart when it enters the bloodstream, attaching to fatty plaques in the coronary arteries (heart blood vessels) and contributing to clot formation. Coronary artery disease is characterized by a thickening of the walls of the coronary arteries due to the buildup of fatty proteins. Blood clots can obstruct normal blood flow, restricting the amount of nutrients and oxygen required for the heart to function properly. This may lead to heart attacks. Additionally, the inflammation caused by periodontal disease increases plaque build up, which may contribute to swelling of the arteries.

Periodontal disease can also exacerbate existing heart conditions. Patients at risk for infective endocarditis may require antibiotics prior to dental procedures. Your periodontist and cardiologist will be able to determine if your heart condition requires use of antibiotics prior to dental procedures.

Here's how you can reduce your risk for periodontal disease:

Brush your teeth twice a day (with a fluoride toothpaste), floss daily, avoid smoking and visit the dentist routinely for a check-up and cleaning.



Solstice is committed to supporting heart health through oral health and has recently raised over \$17,500 for the American Heart Association!

Do You Know Your Dental Score?

A Healthier Smile is Only a Click Away!

Good oral health is an important factor in maintaining your overall health, and oral health means more than sound teeth. Poor oral health is connected to oral cancer, diabetes, heart disease, pneumonia, stroke, and pre-term, low birth weight babies.

In an effort to encourage dental care, we offer a free Dental Risk Assessment to identify oral health risks and provide a customized report to keep your smile healthy.

In less than 5 minutes, you'll have a personalized report detailing your dental score, which you can print and take to your next dentist visit. You can also check out the Oral Health Library for expert tips!

Find out your Dental Score at www.SolsticeBenefits.com/HealthyTips



MySolstice.net

Everything you need to manage your plan in one, easy-to-use site!

The screenshot shows the MySolstice.net website interface. At the top left is the logo with the tagline "ALWAYS ABOVE THE HORIZON". Below the logo are navigation links for "HOME" and "CONTACT US". The main content area features a "User Login" form with fields for "Username:" and "Password:", a "Log in" button, and a link for "Forgot your password?". Below the form, a message states: "If you have not yet created a MySolstice account, you may create one in the [registration page](#)."

With Our Member Portal, You Can:

- > Request an ID card
- > Print a temporary ID card
- > Update information such as:
 - Address
 - Phone
 - Email address
- > View your Benefits including:
 - Schedule of Benefits for plans you are enrolled in
 - Member Certificate
 - Free Pharmacy Benefits
- > Access Resources
 - Provider Directory
 - Pharmacy Benefits Information
- > Find contact information for our member services department

Registration is QUICK and EASY!

All you need to do is visit www.MySolstice.net/register to begin the process.

It's that simple!

Questions? Call (877) 760-2247