

A healthy smile is more important than you think.

Oral health is a window to your overall health.

At Antidote Health, we know dental health is essential for maintaining overall health and well-being. Regular dental check-ups, good oral hygiene practices, and a healthy diet significantly contribute to overall health. Here are 5 reasons to consider an Antidote health plan that includes dental coverage:

- ✓ **Help prevent serious health conditions:** Maintaining good oral health can prevent various health issues such as heart disease, stroke, diabetes, and respiratory problems. Bacteria from the mouth can enter the bloodstream, causing inflammation and infections in other parts of the body.
- ✓ **Aid in digestion:** Proper chewing, facilitated by healthy teeth and gums, is essential for digestion. Poor dental health can lead to difficulty chewing, affecting nutrient absorption and overall digestion.
- ✓ **Protect against oral cancer:** Regular dental check-ups can help in the early detection of oral cancers. Dentists can identify early signs and symptoms, leading to timely treatment and better outcomes.
- ✓ **Enhance self-esteem and confidence:** A healthy smile can significantly boost self-esteem and confidence. Dental issues such as missing, discolored, or damaged teeth can affect one's appearance and social interactions.
- ✓ **Prevent tooth loss:** Good dental hygiene helps prevent cavities, gum disease, and other issues that can lead to tooth loss. Keeping your natural teeth aids in proper mouth function and enhances overall quality of life.

For our plans that include dental coverage, we partner with HRI Dental, formerly known as Paramount Dental to offer:

- A nationwide dental network with 400,000+ access points and 140,000+ dentists*
- 100% preventive care coverage
- 50% coinsurance for select basic and major services

With the HRI Dental Member Portal you can:

- Print your ID card
- Review your benefits and out-of-pocket costs
- Find a provider

Time to get a health plan on your terms. Contact your broker to enroll today:

Broker Info

* According to internal HRI Dental data as of 1/1/24 and is subject to change.

Plans are offered or insured by Antidote Health Plan of Arizona, Inc. and Antidote Health Plan of Ohio, Inc.

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