If you are living with diabetes, take special care of your teeth and gums.

Anthem Blue Cross
Health. Join In.℠

Find out why and then sign up for extra dental benefits – at no extra cost – using the form below.

Your dental health is important, too!

If you are living with diabetes, you already know how important it is to take care of your body and monitor sugar levels. But there's more to it than just watching what you put in your mouth. You need to take special care of your mouth itself, especially your teeth and gums.

Here's why.

- People living with uncontrolled diabetes are more likely to get infections, which makes them more likely to get gum disease.*
- People living with diabetes who have gum disease may have a harder time controlling their sugar levels because infection can cause high blood sugar levels.*

Your Anthem Blue Cross Life and Health Insurance Company dental plan helps you take extra good care of your mouth.

Taking care of your teeth and gums is easy and can help keep your mouth free from infection. You should brush and floss daily, and see your dentist regularly. And while your dental plan most likely provides coverage for preventive care services, by completing the form below, you can get coverage for an **extra dental cleaning** (to help keep your teeth healthy) or an **extra periodontal maintenance procedure** (to help keep your gums healthy) each benefit year.

For a healthy smile, sign up here.

Simply fill out the form below and mail, e-mail or fax it to us – whichever is easiest for you.

Mail: Anthem Dental Claims, Attention: Clinical Integration Coordinator, P.O. Box 1115, Minneapolis, MN 55440-1115

E-mail: enroll@anthemdentaladmin.com

Fax: 800-821-5946

Dental enrollment form

Member name: _____

Member address: _____

Member phone number: (h) _____ (w) _____

Subscriber name: _____

Subscriber ID number: _____ Group (plan) number: _____

Group name: _____

Member signature: _____ Today's date: _____

I hereby certify that I am being treated for diabetes and will provide proof of such condition if requested by Anthem Blue Cross Life and Health Insurance Company. When requested, I will provide a written authorization to Anthem Blue Cross Life and Health Insurance Company to obtain health records from my provider(s). If such condition cannot be proven, I will not be eligible for coverage for the extra dental procedures available under this program.

Name of primary care physician (PCP): _____

Phone number of PCP: _____

Questions? Just call the customer service number on the back of your Anthem ID card.

For Dental Prime and Complete Programs.

*Academy of General Dentistry, www.knowyourteeth.com, September 16, 2009.

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21921CAMENABC Rev. 6/11