



Smile

It's time for a "Back-to-School" dental exam.



#1 most common chronic disease to affect children is tooth decay¹

50% of children age 6 to 9 years have had a cavity in at least 1 of their baby (primary) or permanent teeth¹

Over 70% of adolescents age 12 to 19 years are affected by gingivitis, the early stages of gum disease.²

Backpacks, books, pencils ... and don't forget about their teeth.

Some schools may require proof of a recent routine dental checkup. Scheduling one before the start of the school year is a great way to ensure your child's oral health is in good shape, and help prevent emergencies later.

It may be time for your child to see a dentist if their last exam was over 6 months ago or you notice any of these signs:

- Tartar build up around teeth and gums
- Bleeding or swollen gums
- Tooth pain or sensitivity
- Persistent bad breath (even after brushing)
- Visible cavities, discoloration or injury

Learn more: View benefits, find care and estimate costs at myuhc.com[®].

Red gums? Bad breath? It could be more than growing pains.

Chronic gingivitis is the most common and treatable type of gum disease in children.³ It occurs in about 50% of children up to the age of 5 and increases to nearly 100% by the time they reach puberty.⁴ During teen years, when hormones fluctuate, parents should keep a keen eye out for symptoms.

Help your child have healthy habits:

- Remind them to floss and brush twice a day
- Keep them hydrated with water and limit sugary foods and drinks
- Replace your child's toothbrush every 3 to 4 months
- Take your child to the dentist for regular teeth cleanings
- Use a mouthguard during sports activities to prevent injury

Don't wait. It's covered.

Schedule a dental exam today.
Preventive care is covered at 100%.*



- ✓ Two cleanings in a 12-month period
- ✓ Fluoride treatment available for eligible dependents

*Preventive dental care services are covered when you see a dentist in the network. Check your UnitedHealthcare dental plan coverage documents for details.

¹ Centers for Disease Control and Prevention. Oral Health Surveillance Report: Dental Caries, Tooth Retention, and Edentulism, United States, 2017–March 2020. U.S. Dept of Health and Human Services; 2024. <https://www.cdc.gov/oral-health/php/2024-oral-health-surveillance-report/index.html>. Accessed June 2025.

² Gingivitis: Background, Pathophysiology, Etiology. <https://emedicine.medscape.com/article/763801-overview#showall>. Accessed June 2025.

³ Gingivitis and Its Causes in Children Aged 3–7 Years. *Diagnostics* 2024, 14, 2690. https://pmc.ncbi.nlm.nih.gov/articles/PMC11640279/#_ad93_. Accessed June 2025.

⁴ <https://www.aapd.org/research/oral-health-policies--recommendations/>. Accessed June 2025 - Official cite document: American Academy of Pediatric Dentistry. Classification of periodontal diseases in infants, children, adolescents, and individuals with special health care needs. The Reference Manual of Pediatric Dentistry. Chicago, Ill.: American Academy of Pediatric Dentistry; 2023:493-507

All UnitedHealthcare members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.

UnitedHealthcare dental coverage underwritten by UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Dental Benefit Providers, Inc., Dental Benefit Administrative Services (CA only), DBP Services (NY only), United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number DPOL.06TX, DPOL.12TX, DPOL.12TX (Rev. 9/16) and DPOL.18TX and associated COC form numbers DCOC.CER.06, DCOC.CER.IND.12TX, DCERT.IND.12TX and DCOC.18TX. Plans sold in Virginia use policy form number DPOL.06VA with associated COC form number DCOC.CER.06VA, policy form number DPOL.12VA with associated COC form number DCOC.CER.12VA or policy form number DPOL.18VA with associated COC form number DCOC.18VA. This policy has exclusions, limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, contact either your broker or the company.

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