



**Healthy mouth,  
healthy body.**

Did you know that people with diabetes are more likely to develop problems with their teeth and mouth? That's why our dental plans include an extra benefit called Oral Health, Total Health. If you've been diagnosed with diabetes, you can enjoy more frequent cleanings and other bonuses through this program.

## **> November**

### **Diabetes & oral health**

Want extra help? Check out our Diabetes Care program. You'll get free, one-on-one health coaching and support when you need it. Connect with a health coach at [careprograms@modahealth.com](mailto:careprograms@modahealth.com) and ask about the Oral Health, Total Health program.

**♥ get your health on**

