

Oral cancer screenings

There's more to your dental visits than keeping your mouth clean

Visiting a dentist can save your life. That's because your dentist can see the first signs of oral cancer with an exam or brush biopsy. We cover these important screenings to help stop oral cancer in its tracks.

Healthy mouth, healthy you

Keeping your teeth, gums and mouth healthy plays a big role in your overall health. As part of your plan, we cover routine oral cancer exams. But we also cover brush biopsy, a non-surgical screening that helps your dentist see if there are any abnormal cells in your mouth.

Are you at risk for oral cancer?

Your risk increases if you:

- Smoke cigarettes or use smokeless tobacco
- Drink alcohol excessively
- Get too much exposure to the sun
- Are a man over 40
- Have a family history of oral cancer

Finding cancer early saves lives

When it's not treated in its earliest stages, oral cancer can be devastating. It makes people very sick and costs an average of \$200,000. Unlike other cancers, about the same rate of people die from oral cancer today as did 30 years ago. This is because it's often detected late. When it's caught early, the rate of people who survive longer than five years improves from 54 percent to 81 percent.

See your dentist

Keep your mouth healthy with regular dental office visits. Need to find a dentist? Just visit modahealth.com and click on "Find Care."

You can also log in to myModa to find a dentist and see your benefits. If you don't already have a myModa account, creating one is easy. With your Moda Health member ID card handy, follow the step-by-step instructions to enter your information.

Questions?

We're here to help. Call us toll-free at 877-277-7280. TTY users, please call 711.



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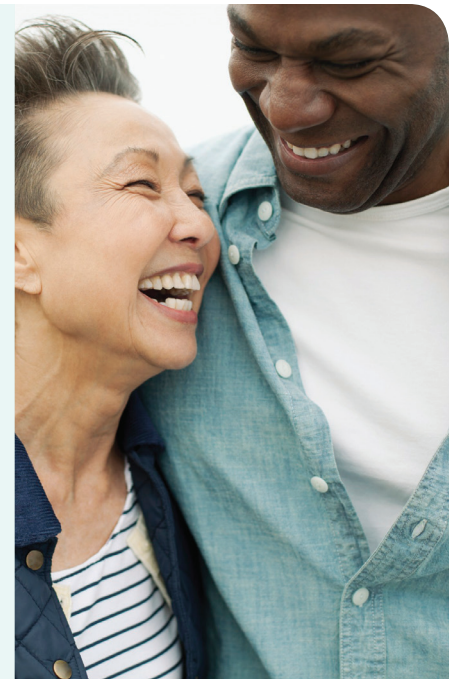
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