

A dental visit can help improve your overall health



Good oral health is important — and not just for your teeth. Routine dental visits include teeth cleanings and checking for cavities, but they can also be vital for your overall health. That's because they can help find early signs of certain health conditions¹ when they're easier to treat.

A good dental plan is great for your health

Your Anthem dental plan provides:

- 100% coverage for most preventive and diagnostic services, including regular cleanings and X-rays.
- Coverage for additional services such as extra periodontal cleanings for gum health, if eligible.
- Discounts through SpecialOffers for products and services that promote better health and well-being.

How to find a dentist when you need care

To find a dentist in your plan's network, log in at [anthem.com](https://www.anthem.com) or use the SydneySM Health app. Then, use the **Find Care** tool.

- After you choose a dentist, make an appointment with that office.
- At your appointment, show the office staff your member ID card.
- After your visit, pay your plan deductible or copay.

If you ever need urgent or emergency dental care, call your primary care dentist first. If you don't have a primary care dentist or they are not available, you can contact The TeleDentists for a virtual dental visit. Their information is available on our website through the Find Care tool.

If you have questions about your benefits, we're here to help:

- Call KEHP Member Services at **844-402-KEHP** (5347).
- Visit [anthem.com/kehp](https://www.anthem.com/kehp).
- Download the Sydney Health app to chat online with a Member Services representative.



Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2022.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICESM Managed Care, Inc. (RIT), Healthy AllianceSM Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compcare Health Services Insurance Corporation (Compcare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are the registered marks of the Blue Cross and Blue Shield Association.

Eye exams are important for more than your vision

They can also be good for your overall health



Even if you can see well, regular eye exams help keep your eyes healthy and catch other health conditions early. Eye exams can help find signs of conditions such as:¹

- Glaucoma — pressure in the eye, which can harm the optic nerve.
- Macular degeneration — changes in the retina that result in the slow loss of eyesight.
- Cataracts — clouding of the eye lens, which can blur vision.
- Diabetes.²
- High blood pressure.²
- Certain cancers.²

Finding these conditions early on means they can be treated sooner, which can improve health and lower healthcare costs.

Vision by the numbers

- More than 75% of Americans use some form of eyesight correction, such as glasses or contact lenses.³
- Among Americans over age 40:
 - 1 in 28 have eye conditions that can lead to vision loss or blindness. Experts say that number will go up as people age.⁴
 - More than 4.2 million are legally blind. The leading causes of blindness are primarily age-related eye diseases.⁵

The effect of diabetes on your eyes

One in four people with diabetes don't know they have it,⁶ so they don't receive the treatment and protection they need. **Sixty percent of people with diabetes** also don't receive a yearly eye exam,⁷ putting their vision at risk.

Diabetes can also make your eyes sensitive to light and damage the retina, which is called diabetic retinopathy.

Proper vision care, however, can stop more than 90% of vision loss and blindness caused by diabetic retinopathy, making regular eye exams even more important for people with diabetes.⁸

If you have questions about your benefits, we're here to help:

- Call KEHP Member Services at **844-402-KEHP** (5347).
- Visit [anthem.com/kehp](https://www.anthem.com/kehp).
- Download the Sydney Health app to chat online with a Member Services representative.

¹ National Eye Institute: [nei.nih.gov](https://www.nei.nih.gov).

² Your Sight Matters: *7 Health Problems Eye Exams Can Detect* (accessed August 2020): yoursightmatters.com.

³ Glasses Crafter: *What Percentage of the Population Wears Glasses* (accessed August 2020): glasscrafter.com.

⁴ The Vision Council: *Vision Loss in America – Aging and Low Vision* (accessed August 2020): thevisioncouncil.org/sites/default/files/VC_LowVision_Report2015.pdf.

⁵ The Centers for Disease Control and Prevention: *Common Eye Disorders and Diseases* (accessed August 2020): [cdc.gov](https://www.cdc.gov).

⁶ The Centers for Disease Control and Prevention: *More than 29 million Americans have diabetes; 1 in 4 doesn't know* (accessed November 2020): [cdc.gov](https://www.cdc.gov).

⁷ American Academy of Ophthalmology: *Sixty Percent of Americans with Diabetes Skip Annual Sight-Saving Exams* (accessed November 2020): [aao.org](https://www.aaopt.org).

⁸ The Centers for Disease Control and Prevention: *Keep an Eye on Your Vision Health* (accessed August 2020): [cdc.gov](https://www.cdc.gov).