



UNITED CONCORDIA
Insuring America's Dental Health



About the NDAC

The NDAC provides an independent, professional perspective in advising United Concordia's senior management team on issues associated with the dental community, dental policy and benefit administration. The NDAC also provides feedback regarding dental policies and procedures in light of current trends in dental practice, benefited populations and employers. The NDAC is composed of 11 practicing dentists from across the nation.

The National Dental Advisory Council (NDAC) Smile for Health[®] Program Position Statement

The National Dental Advisory Council (NDAC) recognizes that emerging scientific literature continues to support a connection between oral health and a number of systemic health conditions, such as premature and low-birthweight babies, diabetes, heart disease, stroke, respiratory disease, and a number of other disease processes. These systemic conditions are wide-spread and significantly impact overall health and the cost of health care.

- Heart disease and stroke accounted for \$242 billion in health care expenditures in 2005.¹
- Diabetes accounted for \$132 billion in health care expenditures in 2002.²
- Preterm births accounted for \$26 billion in health care expenditures in 2005.³

One can conclude that the benefits to achieving and maintaining good oral health are considerable.

It is the position of the NDAC that United Concordia's **Smile for Health[®]** program promotes better oral health and its contribution to improved general health. The NDAC supports the program's focus on the diagnostic, preventive, and periodontal services that aid dentists in identifying and treating chronic oral infections that research has linked to the above-mentioned medical conditions. The NDAC also supports the **Smile for Health[®] Dental Health Center**, which offers our members and the public information and tools to assist in making informed decisions about both oral and overall health.

The Smile for Health[®] Program

The **Smile for Health[®]** program provides coverage for dental services that help contribute to better overall health, including a maternity dental benefit and an enhanced dental benefit option that provides for oral disease detection and prevention.

The **Maternity Dental Benefit** provides an additional dental cleaning to women during pregnancy to reduce the likelihood of periodontal disease, which has been linked to premature and low birth-weight babies. This additional cleaning also helps reduce the chances of pregnancy gingivitis, which can cause tender and swollen gums. This benefit is part of the standard benefits package and is offered at no charge to our existing fully-insured PPO customers.

The **Smile for Health[®] Enhanced Dental Benefit** provides coverage for certain diagnostic, preventive, and periodontal services that aid dentists in identifying and treating chronic oral infections that research has linked to medical conditions such as heart disease, stroke, diabetes, premature births, respiratory disease and a number of other conditions. This benefit is available at no charge to United Concordia customers who participate in a Highmark medical plan and is also available for a nominal fee to customers with medical coverage through other medical carriers.

In addition, United Concordia promotes better dental and overall health through educational materials available in its online [Smile for Health[®] Dental Health Center](#). This resource provides information on the possible connection between oral health and overall health, details on proper dental care throughout life, and a kids' corner to keep tots through teens interested in their dental health.

1. American Heart Association. Heart Disease and Stroke Statistics—2005 Update. Dallas, Texas: American Heart Association; 2005.
2. Centers for Disease Control and Prevention. National Diabetes Fact Sheet. Atlanta, Georgia: Centers for Disease Control and Prevention; 2005.
3. The National Academies, Preterm births cost U.S. \$26 billion a year; multidisciplinary research effort needed to prevent early births, news release, Washington, DC: The National Academies, July 13, 2006.