



# NEARLY 50% OF ADULTS OVER AGE 30 HAVE ADVANCED GUM DISEASE\*

Checkups twice a year are included in your dental coverage. So see your dentist regularly and catch problems early, before they become serious – and more costly.



## FIND A DENTIST

Don't have a dentist? We can help. To access a list of dentists near you, visit:  
[ExcellusBCBS.com/FindADentist](http://ExcellusBCBS.com/FindADentist)



\*Centers for Disease Control and Prevention, "Periodontal Disease," March 2015.  
Copyright © 2017, Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association. All rights reserved.  
Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.  
Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.  
注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。