The impact of blood sugar

Diabetes and oral health: What you should know

High blood sugar affects oral health. Oral health affects blood sugar.

Gum disease
If your diabetes isn’t under control, you’re more prone to gum disease. Gingivitis is an early stage and periodontitis is more serious, but both involve infected gums that cause pain, stubborn bad breath, difficulty chewing and tooth loss.

And it’s all connected: diabetes can slow down healing in your gums, and gum disease can make your blood sugar harder to control.¹

Thrush
Diabetes can increase the level of sugar (glucose) in your saliva, which can lead to thrush, a fungal infection that causes painful white patches in your mouth.

Dry mouth
Saliva is the fluid that keeps your mouth wet, and when you don’t have enough of it or it has high glucose levels, you can get dry mouth, which causes soreness, ulcers, infections and tooth decay.

Break the cycle with good oral health
Taking good care of your teeth and gums today can mean fewer complications from diabetes tomorrow.¹ Let your dentist know if you’re successfully managing your diabetes. And be sure to schedule a periodontal evaluation.

Cigna Dental Oral Health Integration Program
Keep your diabetes in check by staying on top of your oral health and enroll in the Cigna Dental Oral Health Integration Program (OHIP).³ We care about your whole-person health. To keep your gums healthy and your blood sugar in check, we offer full reimbursement on up to four periodontal scaling, maintenance and root planing treatments per year.

If you aren’t enrolled yet, you can fill out the enrollment form at myCigna.com, download the form at Cigna.com or get the form sent to you by calling the number on the back of your Cigna ID card.

1. Martin, Laura. “Diabetes and Your Smile.” American Dental Association, Mouth Healthy. https://www.mouthhealthy.org/en/az-topics/d/diabetes. 2. Everyday Health. (2016, October 7). “Why Dental Problems Make It Hard to Control Blood Glucose.” https://www.everydayhealth.com/type-2-diabetes/symptoms/why-dental-problems-make-it-hard-to-control-blood-glucose/. 3. This program provides reimbursement for certain eligible dental procedures for customers with qualifying medical conditions. Customers must enroll in the program prior to receiving dental services to be eligible for reimbursement. Reimbursement is applied to and subject to any applicable annual benefits maximum. See your plan documents or contact Cigna for complete program details. 4. You do not have to meet your DPPO or indemnity deductible to receive reimbursement for these services. However, reimbursement will apply to and is subject to your annual benefits maximum for traditional indemnity and DPPO plans as well as plan rules for visits to network dentists and out-of-network dentists.

Together, all the way.

Offered by Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

The Cigna Dental Oral Health Integration Program may not be available under your specific plan. Reimbursement under OHIP is subject to plan terms and conditions, including applicable annual benefit maximums and other exclusions and limitations. For costs and details of coverage, contact your Cigna representative or see your plan documents.

This document is provided by Cigna solely for informational purposes to promote customer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your dentist for appropriate examinations, treatment, testing and care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, and Cigna Dental Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

8591641 12/21 © 2021 Cigna. Some content provided under license.