



# Evidence Based Dentistry (EBD)

Delta Dental's **Evidence-based Dentistry (EBD)** plan benefit provides enhanced dental coverage for enrollees with certain high-risk medical conditions that have oral health implications. Research has shown that increased frequency of cleanings can greatly impact oral health and sometimes even play an important role in managing conditions, such as<sup>1</sup>:



Diabetes & Periodontal Disease



Pregnancy & Periodontal Disease



Heart disease & defects



Head & neck radiation



Cancer



Rheumatoid arthritis



Renal failure or dialysis



Suppressed immune systems  
(due to chemotherapy/radiation, HIV positive, organ transplant or stem cell/bone marrow transplant)

The improved benefits include coverage of up to four teeth cleanings (routine cleanings or periodontal maintenance cleanings) per calendar year, as opposed to the typical two. Additional cleanings are benefits at the coinsurance level specified on your Summary of Dental Plan Benefits. For people undergoing head & neck radiation, fluoride applications by your dentist are also covered twice per calendar year. **The cost of the additional cleanings & fluoride treatments are not applied to your annual maximum.**

## What should I do if I have one of the conditions listed?

Talk with your dentist and physician about if and when treatment is right for you. **The timing of treatment is important when serious medical conditions exist.**

<sup>1</sup>Not all high-risk medical conditions listed here. Please check your plan documentation for specific plan benefits, limitations, and additional information.

<sup>2</sup>Dental policies have exclusions and limitations. For costs and coverage details, contact your insurance provider or Delta Dental Plan of New Mexico toll free at [1-877-395-9420] or by email at [customerservice@deltadentalnm.com]

