

ONLINE RESOURCES AT YOUR FINGERTIPS, DAY OR NIGHT!

Aetna gives you the tools you need to manage your dental care and access the dental health information that matters most to you — 24 hours a day, 7 days a week. Visit www.aetna.com to take advantage of these valuable online resources.

DENTAL HEALTH INFORMATION WEBSITE

Simple Steps To Better Dental Health[®], our Aetna IntelliHealth[®] dental site, is a premier dental health information resource provided in association with Columbia University's School of Dental and Oral Surgery. The site includes information on more than 55 dental conditions and treatments, an "Ask the Dentist" feature, and much more. To visit the dental site from www.aetna.com:

- Go to Members and Consumers
- Click on Health Information
- Click on Dental Health
- Link to Simple Steps To Better Dental Health (www.simplestepsdental.com)

AETNA NAVIGATOR™ WEBSITE

Aetna Navigator, our easy-to-use website, allows members to perform a variety of self-service functions. Members can change their primary care dentist, request ID cards, send e-mail inquiries to Member Services and access electronic Explanation of Benefits (EOB) quickly and easily.

DOCFIND® ONLINE PROVIDER DIRECTORY

Find a local general dentist or specialist for you and your family. Visit DocFind, which is updated three times per week. We'll even provide you with directions from Maps On Us[®].

You can search for a dentist by name, specialty, zip code, miles willing to travel, city and state, or county and state to easily locate participating providers.

Aetna members can also contact Member Services at the toll-free number on their ID card for assistance finding a participating dentist or to request a paper directory.

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Aetna does not recommend the self-management of health problems, nor do we promote any particular form of medical/dental treatment. You should consult your health care provider for the advice and care appropriate for your specific health care needs.

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Dental Care for Children



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Proper brushing with a fluoride toothpaste, regular visits to the dentist and a healthy diet that limits sugary snacks and drinks are all important to maintaining a child's dental health. In addition, dentists can provide fluoride treatments and place sealants on your child's teeth that will help prevent decay (cavities). At Aetna we understand how important it is for you to know how to care for and what dental options are available to protect your child's teeth. Sharing this useful information with you will help you make better-informed decisions about your child's dental health.

Brushing at Home: What you should know

Regular brushing with a fluoride toothpaste is necessary to keep the teeth clean and prevent decay. Children should brush after every meal and before bed to remove food particles and plaque. (Plaque is a sticky material that develops on teeth when food particles and bacteria are not removed.) Parents should check to make sure their child is brushing properly, and, for very young children, assist with their brushing to ensure that food and plaque are removed.

Sealants: An option to prevent decay

Dental sealants are plastic-like coatings that fill in the small grooves on the chewing surfaces of back teeth to help prevent decay. These grooves can be very deep and, because food and sugary substances pack into them, are prone to decay. These grooves are difficult for you to clean with a toothbrush and even for your dentist to clean.

Sealants can be placed on the permanent molars shortly after they erupt, usually between 5 and 7 years of age for the first permanent molars and between the ages of 11 and 13 for the second molars. Premolars may also be sealed if they have deep grooves or pits on the chewing surface. Premolars usually come in between ages 9 and 11. Baby teeth do not normally require sealants. Sealants are easily and quickly applied by your dentist or dental hygienist without drilling or anesthesia.

Fluoride: An effective method to prevent decay

Fluoride is one of the most effective methods to prevent dental decay and is found in many community water supplies. You should talk with your dentist or pediatrician to see if your child needs fluoride supplements or fluoride treatments in the dental office.

Mouth Guards: Protect your child's teeth

A mouth guard can help protect your child's teeth during sports and physical activities. Mouth guards must fit properly to provide protection. You should ask your dentist about the mouth guard that is most appropriate for your child's activities.



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QUESTIONS TO ASK YOUR DENTIST

- **Should my child get dental sealants?**
- **Does my child need fluoride?**
- **Is my child brushing and flossing appropriately?**
- **What type of mouth guard do you recommend for my child's activities?**

