



DENTAL

Five ways employers can support employee dental wellness in the workplace

For employees to be the most productive version of themselves, their overall health and wellness need to be a top priority.

A key component of an individual's overall well-being is their dental health. If a good oral hygiene routine is not followed, it can lead to dental issues that could end up causing even bigger health issues down the road.

To support oral health among employees – and consequently, help mitigate potential issues that can lead to negative impacts on overall health and productivity – there are a few things employers can offer to their team.



Flexible time off to encourage preventive care and dental visits

A crucial part of any dental health routine is to maintain consistent visits to your dentist at least every six months. To help your employees keep up with their check-ups, make sure you offer them the time off needed to go to the dentist.



Access to dental care through innovative benefits

The easiest way to ensure your employees are getting the care they need is by providing them with easier, more convenient access to it. Humana has teamed up with [Jet Dental](#) and [Teledentix](#) to do just that for its members.

Jet Dental provides mobile on-site dental clinics to companies nationwide to bring quality dental care right to where employees are – including in the office. Teledentix provides virtual services allowing people to access consultations from dental health professionals from wherever they are. Programs like these are examples of how employers can provide innovative ways to bring dental health services to their employees.

A recent report shows that:



More than 243 million work hours are lost due to oral health problems every year among adults 18 and older. ¹



\$45 billion is lost due to untreated dental conditions in the U.S. every year.



Ongoing reminders about benefits

Providing the proper benefits to your employees is the first step. The next step is to make sure they are aware of the offerings at their disposal. Give reminders to your staff about what benefits are available so they can prioritize what is right for them.



Incentives for preventive visits

Sometimes employees need a little extra push to take proper care of their own well-being. Try to incentivize employees to get their bi-annual dental health check-up. Examples of potential incentives include a raffle entry to win gift cards or other prizes for those that get their screenings each year.



Healthier snack and food options for in-person gatherings

At company meetings and around the workplace, swap out some of the unhealthy snack options for options that are better for your dental health. Replace the candy, chips and soda with some veggies, nuts and water. These are beneficial for both oral and overall health.

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By prioritizing these steps, employers can help create a happier, healthier and more productive office.

Sources:

1. <https://www.businesswire.com/news/home/20240206797792/en/US-Adults-Miss-243-Million-Hours-of-Work-or-School-Annually-Due-to-Oral-Health-Problems>

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For New Mexico: This is a limited policy. This is a dental only policy.

Limitations on telehealth services, also referred to as virtual visits or telemedicine, vary by state. These services are not a substitute for emergency care and are not intended to replace your primary care provider or other providers in your network. Any descriptions of when to use telehealth services are for informational purposes only and should not be construed as medical advice. Please refer to your evidence of coverage for additional details on what your plan may cover or other rules that may apply.

This plan provides benefits for contracted and non-contracted dentists. Non-contracted dentists have not agreed to provide services at contracted fees. If a member sees a non-contracted dentist their out-of-pocket costs may be higher than that charged by contracted dentists.

