

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 disease¹

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 are 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.²

Thrush¹

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 mouth¹

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.³ 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). We care about your whole-person health. To keep your gums healthy and your blood sugar in check, we offer reimbursement* for out-of-pocket costs for preventive dental treatments.

Learn more about Cigna OHIP at myCigna.com, or by calling the number on the back of your ID card.

If you have diabetes, you can take advantage of this program to help you stay on top of your oral health and diabetes.



**Schedule a
check-up today.**

**Visit myCigna.com to
search for a nearby
in-network dentist.**

All sources and disclosures appear at the end of this document.

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1. American Diabetes Association. "Diabetes and Oral Health." January 24, 2022. https://professional.diabetes.org/sites/dpro/files/2024-01/sci-advisor_2021_diabetes_oral_health_11_17.pdf. Last accessed December 30, 2024.
2. National Institute of Dental and Craniofacial Research. October 2024. "Diabetes & Oral Health." <https://www.nidcr.nih.gov/health-info/diabetes#:~:text=Diabetes%20can%20also%20slow%20down,white%20patches%20in%20your%20mouth>. Last accessed December 30, 2024.
3. Center for Disease Control (CDC). "Oral Health and Diabetes." May 15, 2024. <https://www.cdc.gov/diabetes/diabetes-complications/diabetes-and-oral-health.html#:~:text=Good%20oral%20health%20habits%20can,can%20occur%20in%20the%20mouth>. Last accessed December 30, 2024.

Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

*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 service to be eligible for reimbursement. Reimbursement is applied to and subject to any applicable annual benefits maximum. See your plan documents or contact Cigna Healthcare for complete program details.

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 Healthcare representative or see your plan documents.

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