

HEALTHPLEX EXPANDS RELATIONSHIP WITH DAVIS VISION

Healthplex isn't just concerned about our members' oral health, we are concerned about their overall well-being. For over ten years, Healthplex has partnered with Davis Vision to offer our members discount vision plans in conjunction with many of our Community Rated Dental Plans. Due to the program's tremendous success, we are now including these discounts at no additional cost to every member with a Community Rated Plan. This means that all of our members will receive access to **an extensive network of participating locations across the country. The discount plan offers significant discounts on eye exams, frames, contact lenses and all other products and services.**

Through our relationship with Davis Vision, we're able to offer our customers the ability to ensure healthy eyes while minimizing the high costs of vision care. Healthplex is also pleased to offer our members the option to purchase fully insured voluntary or funded Davis Vision plans that offer even higher levels of benefits. With all of these new options at your fingertips, providing vision coverage for your group has never been easier.

NEW WEBSITE COMING SOON

"Information technology and business are becoming inextricably interwoven. I don't think anybody can talk meaningfully about one without the talking about the other." – Bill Gates

Information technology is constantly changing, and Healthplex is keeping in step with the times. Stay tuned for the new Healthplex website scheduled to launch in late 2011.



HEALTHPLEX WELCOMES USWU AND NOITU

Healthplex is honored to be the new dental administrator for both the United Service Workers Union (USWU) and the National Organization of Industrial Trade Unions (NOITU).

The USWU and NOITU represent employees from numerous industries and are continuing to grow every day. We are thrilled to welcome approximately 5,000 members from the USWU and 2,000 members from NOITU who began in our program on June 1, 2011. With all the hard work the USWU and NOITU members put in every day, we are proud to say that their dental coverage is one less thing they have to worry about.

Healthplex looks forward to providing the very best service to both the USWU and NOITU, and we hope for a long relationship that will continue to grow over the years to come.

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CHEW ON THIS



ORAL HEALTH = OVERALL HEALTH

“You cannot be healthy with an unhealthy mouth any more than one can be healthy with an infected foot.”

– Richard H. Price, DMD

It is our vision that all people understand the connection between oral disease and overall health. If left untreated, even minor dental problems can develop into more serious dental conditions and general health problems. That is why at Healthplex we promote the “Preventive Incentive.” Focusing on prevention is the way to improved health.

Poor oral hygiene doesn't just cause bad breath; it can actually have a tremendous effect on your overall health. Inadequate dental health can lead to diseases like osteoporosis, diabetes and even heart disease. In addition, “Oral health clearly is related to well-being and quality of life when measured in functional, psychological and economic dimensions.” For example, poor oral hygiene can negatively affect an individual emotionally because bad breath or discolored teeth can make you self-conscious in social situations. In fact, according to the Journal of the American Dental Association, “Diet, nutrition, sleep and work all are affected by oral health status.” Therefore it is very important to practice good oral hygiene every day, especially when you know it can help you improve your quality of life.

Now that you know the facts, here are some ways to improve your oral well-being:

Floss. Floss. Floss. We said it in the last newsletter and we are saying it again because you can never overemphasize how important flossing is for your oral health.



Brush at least twice a day. The more plaque you can remove from your teeth a day, the more you can help prevent oral and other physical diseases. Remember to brush twice a day for about 2-3 minutes each time.

Eat a healthy diet. It all starts with your diet. The better you eat, the healthier you and your mouth will feel.

Rinse your mouth with mouthwash or water after eating. Doing this will help wash out any leftover food particles and also leave your mouth with a fresh clean feeling.

Replace your toothbrush about every three months. A worn toothbrush can do more harm than good. When the bristles have frayed and lost their color, it is time to replace your toothbrush.

Visit your dentist twice a year. We welcome you to take advantage of your Healthplex dental plan and use your two included dental visits a year.

DENTAL TRIVIA

Most people know that our first president had false teeth. George Washington was the most famous dental patient of Dr. John Greenwood. However, his teeth were not made out of wood. He had several sets of dentures that were made out of ivory. That shows that even in the 1700's significant effort was expended to achieve a beautiful smile!

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