

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](https://mycigna.com), or by calling the number on the back of your ID card.



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



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

This document is provided by Cigna Healthcare solely for informational purposes to promote customer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. Cigna Healthcare assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your dentist for appropriate examinations, treatment, testing and care recommendations.

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.

859164 g 07/24 © 2024 Cigna Healthcare. Some content provided under license.