



The Importance of Regular Dental Exams

The Importance of Regular Dental Exams

Regular dental visits are vital for a healthy smile. Over 100+ signs of non-dental disease can be detected in a routine oral exam, so good oral habits now may help prevent health issues later. Read on for tips on how to keep your smile healthy and how to maximize your dental benefits.

1. **Visit the dentist:** Schedule a routine preventive cleaning and check-up twice a year to maintain dental wellness and detect any potential issues. Using an in-network provider will save you money on your deductibles and co-pays.
2. **Brush twice a day:** Using a soft-bristle brush, clean your teeth twice daily using fluoride toothpaste to help prevent cavities and plaque build-up.
3. **Floss:** Floss daily before brushing your teeth to help maintain healthy teeth and gums.
4. **Drink water:** A dry mouth is a breeding ground for bacteria that causes bad breath, so drink plenty of water throughout the day.
5. **Snack healthily and limit sugar:** Sugar attracts harmful bacteria that can form dental plaque. Foods like celery, apples, pears and carrots can trigger saliva that helps wash away bacteria and food debris

If you are enrolled in our Genesys dental plan, it covers preventive dental visits at 100%, so schedule your appointment today. For help finding an in-network provider, call **1-877-567-1804** or visit www.anthem.com/ca.

Did You Know? If you are pregnant or have diabetes your teeth and gums need special care. While your dental plan provides coverage for preventive care, by completing the form below you may be eligible to get coverage for an extra dental cleaning each benefit year. Access the form here: <https://mygenesysbenefits.com/wp-content/uploads/2021/05/Anthem-Blue-Cross-Blue-Shield-Dental-Enrollment-Request-Form.pdf>

For HMSA PPO (Hawaii residents only) medical plan participants, visit <http://www.hmsa.com/search/providers> to find an in-network provider or call **1-800-776-4672** to confirm your dental benefits.

VSP Member Extras

Save up to 60% on Brand-Name Hearing Aids

Hearing loss can have a huge impact on your quality of life. TruHearing makes hearing aids affordable by providing exclusive discounts to all VSP Vision Care Members. [Click here](#), call **1-877-396-7194** or visit www.truehearing.com/vsp to learn more about this benefit.

Upcoming BrightPlan Webinars

Friday, June 25: How to Get on Track to Retire

Time: 10:00 am - 10:30 am PST

Registration link: <https://web.brightplan.com/finance-fridays-how-to-get-on-track-to-retire>

Description: Retirement is the biggest goal we plan for and it raises big questions. Can I retire when I want to, with the lifestyle I enjoy? Am I investing enough in my 401(k), and did I pick the right funds? Join us to learn how retirement investing can be simple with tailored advice and why everyone needs a plan.

Read on for tips on [How to Invest for Inflation](#).

Wellness Corner

How Healthy Routines Can Improve Your Mental and Physical Health

It's important in times like these to be mindful about maintaining or improving your health. Establishing a healthy routine takes time and patience, but the results are worth it. Try starting with one of these simple suggestions and create a wellness routine that is right for you.

- **Make time for self-care.** Self-care can improve mental health and help manage stress. Strive to make time for things you enjoy and start small.
- **Schedule time to be active.** Staying physically well can have a positive effect on nearly every aspect of your life. Plan a 5-minute stretch break every hour and aim for 150 minutes of moderate exercise weekly.
- **Digital detox.** Take a break from technology by setting limits on social media using built-in timers and turn off push notifications.
- **Eat healthily.** Add shopping and meal prepping to your calendar and consider home cooking kits or grocery delivery to keep your kitchen stocked with fast and healthy options.
- **Socialize.** Connecting with others and staying in touch with family and friends can relieve feelings of isolation and loneliness. Make time to be social and take the initiative to organize activities safely, in-person or virtual.
- **Consider Counseling.** Anyone can benefit from counseling. Speaking with a counselor can help you identify and cope with problems, offering a new perspective to work towards living healthier and happier. Your confidential and no-cost Employee Assistance Program can assist with short-term counseling, support plans and helpful resources to manage a wide variety of life issues. Your Care Coordinators can also help you find an in-network mental health provider for long-term treatment.

For more resources on healthy routines, visit the links below.

- **Employee Assistance Program.** To access your confidential EAP, call **1-866-248-4094** or visit www.liveandworkwell.com (access code: genesyste)
- **Creating Healthy Routines** <https://www.mhanational.org/creating-healthy-routines>
- **Connecting With Others** <https://www.mhanational.org/connecting-others>
- **Care Coordinators.** For members in UMR HDHP or PPO plans, call **1-877-498-3041** or visit genesyshealthplan.com for help understanding your medical benefits or finding in-network providers.
- For Kaiser plan participants, call Kaiser Member Services at **1-800-464-4000** or visit kp.org for help finding providers or understanding your medical benefits.
- For HMSA PPO (Hawaii residents only) medical plan participants, visit <http://www.hmsa.com/search/providers> to find an in-network provider or call **1-800-776-4672** to confirm your benefits.

Medical (UMR with UHC Choice Plus)

Medical (Kaiser
Network)

Medical (Hawaii)