



Smile for total health

Discover the full-body benefits of dental coverage

We bet you brush like the best of them, but did you know oral health goes beyond a great grin? By visiting a dentist regularly, you're actually doing your entire body a favor, without even stepping into a medical office.

Here are a few things dental coverage with Kaiser Permanente can do for you, your health, and the smile that expresses it all.

Prevention

Can clean teeth improve your overall health? Studies show conditions like heart disease and stroke may be connected to your oral hygiene.¹ So take a trip to the dentist – you might prevent more than just cavities.

Early detection

Dentists see what a toothbrush can't. On top of offering preventive care, they may spot early symptoms of diabetes, cancer, and more – so you can start getting care for those conditions as soon as possible.²

Ongoing support

Dental checkups are also a great way to help with preexisting conditions like diabetes that might put you at risk for gum disease.³ Give your brushing some healthy backup!

1. Robert H. Shmerling, MD, "Gum Disease and the Connection to Heart Disease," Harvard Health Publishing, October 8, 2024.

2. Matthew J. Messina, DDS, "Health Issues a Dentist Can Identify by Looking in Your Mouth," Health & Discovery, Ohio State University, May 15, 2023. 3. "Diabetes," American Dental Association, January 24, 2022.