

2025 APRIL Dental Hygiene



Dental Health Matters



Did you know that your dental health can impact your overall health and well-being? Staying up to date on cleanings as well as the dental maintenance we do at home can help to prevent chronic conditions and improve our overall quality of life. When we put our dental hygiene to the wayside over a long period of time, there can be an increased risk of:

- Respiratory infections
- Gum disease
- Cardiovascular disease
- Auto-immune conditions
- Adverse impact on individuals who live with diabetes or are currently pregnant

We often put our regular dental cleanings on hold or view them as less of a priority, but it truly does make a difference in our lives by keeping up on dental maintenance.

Fun Facts



1. The enamel on your teeth is stronger than bone, making it the hardest substance in the human body.
2. Your teeth are as unique as finger prints! No one has the same set of teeth.
3. Teeth cannot repair themselves which is dissimilar from other parts of our body. This is why it is so important that we keep up with our dental health!

Marathon Health Resources - Health Wise



For more learning opportunities, access Marathon Health's Health Wise resource hub. Head to the Marathon Health's login page and then follow the prompts below to get started:

Health Wise topics:

Resources > Health Wise > Mouth and Dental

Resources for You and Your Family



Take a peek at the following videos and articles below to learn more about the importance of dental hygiene.



The Importance of Oral Hygiene

https://bewell.cretex.com/Hygiene_0425



The Nutrition Source Article: Oral Health

https://bewell.cretex.com/OralHealth_0425



Cleveland Clinic: How Dental Cleaning Works

https://bewell.cretex.com/Cleveland_0425



Jefferson Health: The Hidden Dangers of Poor Oral Health

https://bewell.cretex.com/Jefferson_0425

HealthPartners Dental Plan



Taking care of your teeth is an important part of your overall health! Through Cretex's dental plan with HealthPartners you will find a variety of benefits and resources to support your dental care such as:

Little PartnersSM Benefit: Services for children 12 years old and under will be covered at 100% without deductible, annual maximum, or frequency limitations, when provided by a HealthPartners network dentist. Excluded services: Orthodontics, dental implants, and services that are not covered for all members.

Diabetes and Pregnancy: Additional periodontal services (exams, cleanings, scaling and root planing, and debridement) for our members who are diabetic and/or pregnant are covered at 100% in-network. Deductibles, annual maximums, and frequency limitations will be waived on these specific services for members referred into the program by a HealthPartners network dentist.

To explore your full dental benefits and any limitations, visit:

<https://bewell.cretex.com/DentalPlan2025>



2025 Cretex Dental Plan

For help scheduling a dental appointment, visit:

healthpartners.com/openaccess > "Dentists & Dental Practitioners" or "Dental Clinics" > Near [Enter Location]

For additional resources and support, visit HealthPartners' website at

www.HealthPartners.com/Cretex or contact member services at: 952-883-5000

2025 Incentive Information

Earn an opportunity to order an item from our **new** online incentive store for every **three months** you participate in our monthly wellness activities (months need not be consecutive).

Maximize your opportunities to order from the incentive store by participating in all 12 monthly activities and completing your annual HRA. You will find the activity information in this very newsletter each month!

Reach out to your Be Well Champion for more details!



VISIT THE BE WELL
WEBSITE AT
BEWELL.CRETEX.COM:
Monthly Activities, Wellness Resources
and Monthly Newsletter Archive



COMPLETE YOUR HRA
IN THE MARATHON
eHEALTH PORTAL
To complete your Health Risk Assessment
(HRA) on the Marathon eHealth Portal, Click
on "MyHealth" then "Questionnaires"

Featured Activity

Participate in this month's activity by reading the article from the Mayo Clinic: https://bewell.cretex.com/Mayo_0425 and taking a brief quiz!

Reach out to your Be Well Champion if you would like a paper copy of the Microsoft Forms quiz to fill out.



<https://bewell.cretex.com/Form0425>