**Good dental health and good overall health go hand in hand**

*With its emphasis on diagnostic and preventive care, the* ***TRICARE Retiree Dental Program*** *can help you avoid bigger problems down the road.*

Did you know that more than 120 different diseases are first detected in the mouth? And that going for your annual dental exams can actually help in detecting heart disease, diabetes, pancreatic cancer and more? In fact, swollen gums, mouth ulcers, dry mouth and excessive gum problems can often be signs of bigger health problems. The good news is that most dental diseases are actually preventable.

The **TRICARE Retiree Dental Program (TRDP)** was created and designed with this in mind. When seeing a network dentist, TRDP enrollees have the peace of mind of knowing that they get two annual exams, two cleanings (or three for Type 1/Type 2 diabetics) and an x-ray covered at 100%--with no out-of-pocket costs. This allows enrollees to recoup almost all of their annual premiums ***and*** ensures their dental and overall health is being well cared for.

Here are some other reasons why more than 1.5 million current enrollees find the TRDP to be such a good value and an important partner in their health:

* As soon as your enrollment takes effect, you’re covered for routine services, fillings, root canals, gum surgery, oral surgery and dental accidents. After 12 months of continuous enrollment, you’ll get crowns, dentures, dental implants, braces and more.
* The TRDP offers a large nationwide network of dentists to help you save money on your covered dental care. To find a network dentist near you, use the “Find a Dentist” link at [**trdp.org**](http://www.trdp.org/).
* Network dentists have agreed to accept reduced fees for covered services—there are no surprise costs beyond the expected cost share and deductible, where applicable.
* Each enrollee gets a generous $1,300 annual maximum, a $1,200 annual dental accident maximum, and a $1,750 lifetime maximum for braces.
* The TRDP coordinates benefits with other dental plans, allowing you to maximize your coverage under both plans and reduce or even eliminate your out-of-pocket dental costs.

Visit[**trdp.org**](http://www.trdp.org/retirees/enroll.html) to enroll, and choose the method that works best for you. Enroll online using the Quick Link to the Beneficiary Web Enrollment (BWE) site, or print an application from the TRDP website and mail it to Delta Dental along with the correct prepayment amount.

After enrolling, you’re encouraged to register for the online Consumer Toolkit®, where you can verify your program eligibility; review your benefits, coverage levels, and remaining maximums and deductibles; check on the status of your processed claims and claim payments; and sign up for paperless (electronic) Explanation of Benefits statements.

Your oral health plays a big role in your overall well-being and quality of life. Enroll in the TRDP today—and enjoy regular, affordable dental care that’s essential for your lifelong health and peace of mind.