



What is fluoride?

Fluoride is a mineral that helps teeth become more resistant to decay (cavities). Fluoride is commonly found in drinking water and toothpaste. There are also prescription-strength fluoride treatments which are given in the dental office or prescribed for home use. Fluoride treatments are quick and painless. They are usually done by painting a fluoride solution on the tooth surfaces or by holding a mouthguard filled with a fluoride foam or gel in the mouth for a short time.

Who needs fluoride?

Everyone can benefit from fluoride! For most kids, daily exposure through fluoridated drinking water and twice-daily brushing with fluoride toothpaste is enough for a lifetime of cavity prevention. For others, who are at higher risk for tooth decay, additional fluoride can help protect against future decay.

Although overall oral health risk is a combination of genetics, personal habits and diet, history of decay is a good predictor for future risk of decay. Therefore, your child is considered to be at higher risk if he or she has had a cavity filled in the past three years. Unfortunately, many higher-risk children are not receiving this protective treatment. In fact, 70 percent of higher-risk children covered by Delta Dental did not receive the recommended two or more fluoride treatments per year.¹

Are fluoride treatments covered by my dental plan?

The good news is most of Delta Dental's plans cover preventive care, like regular exams, cleanings, fluoride treatments and sealants, at up to 100 percent. In fact, we recommend most employers cover two fluoride treatments per year at 100 percent.

Talk with your dentist about whether your child is at higher risk for tooth decay and could benefit from fluoride treatments. To check your coverage to see what your dental plan covers, log in at deltadental.com to view your benefits and eligibility.

¹ The Preventive Dental Care Study is a landmark claims study of Delta Dental's more than 90 million dental claims that investigated whether higher-risk children and adults were receiving the preventive care they needed. For more information on the study, visit deltadental.com/pdcstudy.