

# Healthy You

FAST FACTS FOR YOUR HEALTH

## DeltaVision Decoded: Make the Most of Your Vision Benefits

Delta Dental of Iowa isn't just a dental insurance company — we also offer vision benefits through [DeltaVision](#).

If you have dental insurance through Delta Dental of Iowa, consider taking advantage of DeltaVision, too. If you'd like more details about DeltaVision or want to learn more about your existing DeltaVision benefits, check out the answers to some frequently asked questions below.

### **My vision is perfect. Why would I need vision insurance?**

Whether you wear glasses or contacts or have perfect vision, seeing an eye doctor is an important part of total preventive health. People who have vision coverage are more likely to visit an eye doctor on a regular schedule, and regular visits with your eye doctor can reveal certain medical conditions at their earliest stages, like high blood pressure and diabetes.

Also, you may have perfect vision now, but aging may affect your vision. Staying on top of your vision health will ensure that your eye sight is protected throughout all life stages.

### **How do I find an in-network vision provider?**

Delta Dental of Iowa features a [list of DeltaVision providers](#) on its website that you can search based on your location. Choose the list that matches with your network: either Access Network or Insight Network. Don't know which network you have? Check your ID card — it's listed on the front.

### **What eye care services and products are included in DeltaVision coverage?**

DeltaVision offers comprehensive vision coverage, including preventive and follow-up eye exams, a range of lens options, contact lenses, and LASIK or PRK vision correction. Remember, specific plans vary, so please reach out to our Delta Dental of Iowa customer service team for specific details on your coverage.

### **What brands and retailers are included in DeltaVision's coverage?**

Our goal is to ensure you're able to use your vision coverage easily. DeltaVision coverage includes several leading eyewear brands, such as Luxottica and RayBan. Like our dental network, we pride ourselves on having a large network of independent and national retail providers like LensCrafters, Target Optical and Pearle Vision.

### **How do I order glasses and contacts with DeltaVision?**

DeltaVision makes it easy to order glasses or contacts. You can work directly with your vision provider to order glasses and contacts, or you can easily use your vision benefits by ordering contacts online through [ContactsDirect](#).

### **How do I find the right DeltaVision plan for me?**

Finding the right insurance coverage is a daunting task to take on alone. Delta Dental of Iowa's customer service teams are here to help you find the right coverage for the right price. Just call 800-544-0718 to get the conversation started. You can compare different plans and confidently make the best choice for you and your family.

### **What's the best way for me to understand my specific plan details?**

If you ever have questions about your specific vision plan coverage — what's included, what a service or product costs, or how you can take better advantage of your benefits — it's best to call Delta Dental of Iowa's customer service team. Grab your ID card (a representative will ask you for your member ID number) and call 800-544-0718. Our customer service team will review your specific vision plan details to help you make the right decision.

### **SOURCES:**

<https://www.deltadentalia.com/individual-family/deltavision/>

[https://www.deltadentalia.com/webres/File/2020Plans/indinsightpref\\_sum.pdf](https://www.deltadentalia.com/webres/File/2020Plans/indinsightpref_sum.pdf)

## **Seasonal Allergies and Oral Health**

There's a lot to like about autumn — pumpkin patches, sweater weather, sunset-hued leaves on the trees. But when the seasons shift, many people experience an increase in sneezing and sniffing. Environmental allergies can make you very uncomfortable, and unfortunately, they pose a few problems for your oral health, too.

Common fall allergens like ragweed pollen, mold spores and dust mites cause runny noses and watery eyes. Although these allergens don't directly harm your teeth and mouth, allergy symptoms may indirectly cause oral health issues, including dry mouth, bad breath and tooth pain.

### **Allergies and Oral Health: Dry Mouth**

Dry mouth shows up with seasonal allergies for several reasons. For one, dry mouth is a side effect of many medications, including antihistamines. People with allergies often use antihistamines to treat sneezing, watery eyes and other symptoms.

Also, people who are struggling with allergies tend to breathe through their mouths more because allergies make noses runny and stuffy. More mouth breathing dries out the saliva from your mouth.

Saliva has several important functions to your oral health outside of simply keeping your mouth comfortable. It washes away leftover food from your teeth, reduces cavity-causing acids from your mouth and even helps you digest your food. When you don't have enough saliva in your mouth, your risk for cavities and gum disease goes up.

If you experience dry mouth, you have several easy strategies to combat it. Simply drinking water or chewing sugar-free gum keep saliva levels healthy. Sleeping near a humidifier may also provide relief.

### **Allergies and Oral Health: Bad Breath**

Post-nasal drip is a common allergy symptom, and this leads to more bad-breath bacteria in your mouth. In addition to sticking to a solid at-home dental care routine — that is, brushing and flossing twice daily — using mouthwash, taking frequent water breaks and chewing sugar-free gum will help keep breath fresh throughout the day.

### **Allergies and Oral Health: Tooth Pain**

Allergies can send mucous production into high gear, which can put a lot of pressure on your sinuses. Your sinuses sit just above your mouth, so some allergy sufferers may feel pain in their top teeth. If you experience tooth pain, give your dentist or personal doctor a call, as they may recommend medications to relieve the pressure and pain on your mouth.

### **Keep Your Mouth Healthy During Allergy Season**

Now that you know how fall allergies can affect your oral health, you can proactively address these problems before they become bigger issues. Your dentist might not be able to eliminate your sneezing or watery eyes, but he or she can share more ways to easily reduce dry mouth, bad breath and tooth pain. And if you need to find a dentist, [Delta Dental of Iowa can help](#).