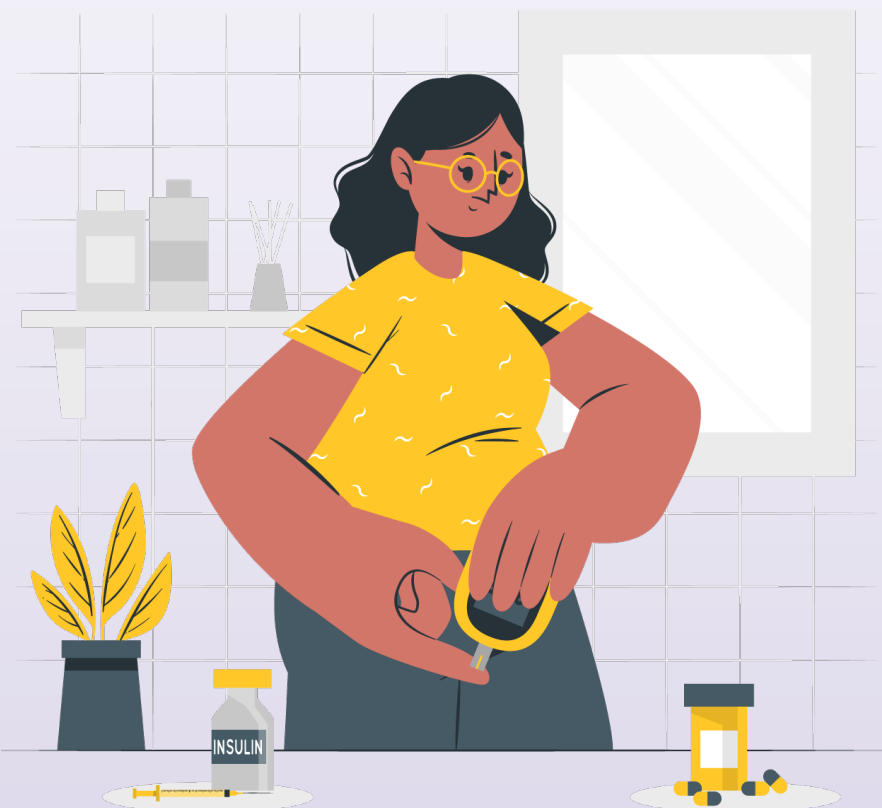


# Are you living with diabetes? Let your dentist know.

If you're living with diabetes, it is important to take good care of your teeth and gums. Gum disease can worsen your diabetic condition, reducing your body's ability to fight infection.

People with uncontrolled blood sugar have a tendency to develop gum disease more often. They are also more susceptible to sore or loose teeth, oral infections, mouth ulcers, dry mouth, and cavities. Let your dentist know about your condition so they can monitor for signs of oral health issues and help you keep your mouth and entire body healthy.

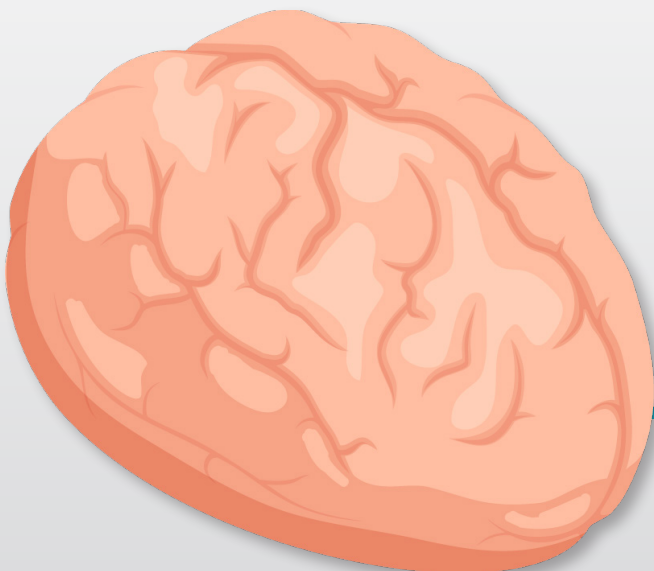


## Oral health tips for those living with diabetes:

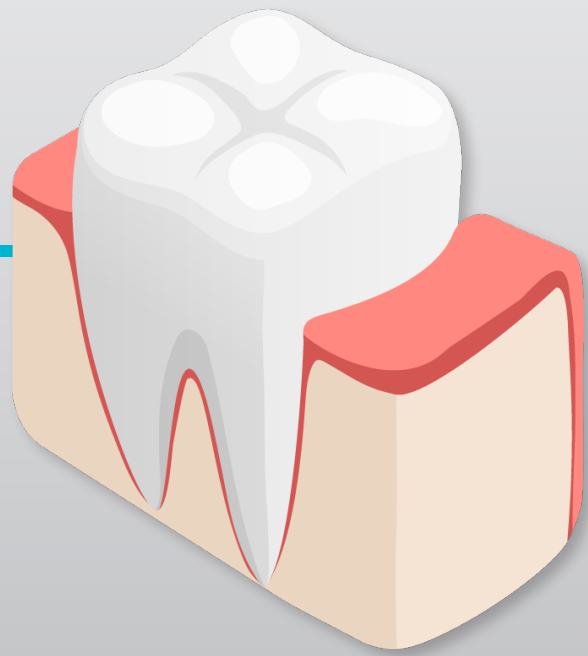
1. **Share** your current health condition with your dentist.
2. **Visit your dentist** at least every six months for a checkup.
3. **Brush your teeth twice a day.** Brush your teeth gently, pay special attention to the gum line.
4. **Floss** at least once a day.



# 3 Oral Health Tips to Lower Your Risk of Alzheimer's Disease



According to the Alzheimer's Association, more than six million Americans over the age of 65 currently live with Alzheimer's Disease. This number is expected to climb to over 13 million Americans by the year 2050. **Recent studies show the bacteria that causes gum disease can increase the risk of Alzheimer's and other diseases.**



Protect your teeth and gums and reduce the risk of diseases with these three easy tips:

1. **Brush** twice a day.
2. **Floss** daily.
3. **See your dentist twice a year** for exams and cleanings.

If you have a loved one with Alzheimer's Disease or dementia, it's important to support them with their oral health routine on a daily basis. While brushing, flossing and seeing their dentist won't cure or prevent the disease from progressing, the routine can reduce the risk of other diseases as they age. To learn more about Alzheimer's Disease and other support resources, visit [alz.org/hawaii](http://alz.org/hawaii).



# Have you seen your dentist yet?

A simple visit to the dentist twice a year helps you keep your smile *healthy for life.*

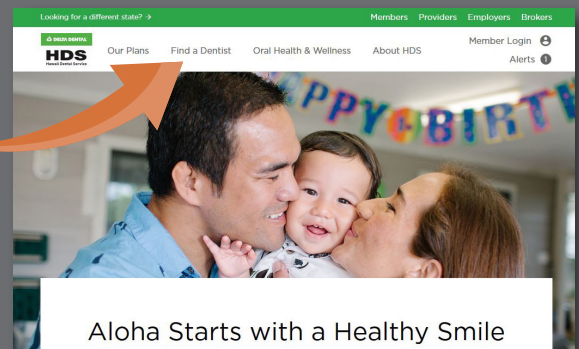
Enrolled employees receive 100% coverage for these services:

- Two exams
- One bitewing x-ray per adult
- Two cleanings

\*Benefits listed are per calendar year. Access your full summary of benefits online at [hawaiidental.com](http://hawaiidental.com) and start working towards a healthier smile!

## Find a Dentist

Visit [HawaiiDentalService.com](http://HawaiiDentalService.com).



Click "Find A Dentist" in the main menu.

Select the area in which you'd like to search for an HDS participating dentist and follow the prompts.

## A visit to your dentist helps you:



### Keep A Clean Mouth

Your dentist keeps your smile clean! Leave it to this professional to remove unwanted plaque and buildup on your teeth and gums.



### Identify Problems

Your dentist can identify what may cause toothaches, puffy gums and any other illnesses related to poor oral health.



### Keep Your Teeth!

That's right. Your dentist knows which teeth need more care than others and the necessary steps to make your smile last for a lifetime.



# HDS Members Have Access to Objective DentaQual<sup>®</sup> Ratings

HDS brings its members quality ratings from DentaQual<sup>®</sup>, an objective, data-driven system that provides quality scores for individual dentists. By analyzing insurance claims data against more than 40 performance measurements, DentaQual<sup>®</sup> compares dentists with their peers using five assessment categories: **cost-effectiveness, commitment to best practices, treatment outcomes, treatment recommendations and patient retention.**

General Practitioner  
**ANNE THURIUM (DMD)** Add to My List

- ✓ Accepting New Patients
- ♀ Female
- 🕒 Weekends
- 🚗 Near Public Transportation
- ♿ Wheelchair Accessible
- ❤️ Treats Special Needs: Adults
- ❤️ Treats Special Needs: Children
- 🗣️ Ilocano, Tagalog

**LOCATION**  
 MINOAKA DENTAL CENTER  
 2022 SMILES BLVD, STE 2  
 HONOLULU, HI 96816  
[Get Directions](#)

**CONTACT**  
 (808) 222-2022  
[www.minoakasmiles.com](http://www.minoakasmiles.com)

**PROVIDER NETWORK(S)**  
 HDS PREMIER  
 MEDICARE ADVANTAGE  
 SUPPLEMENTAL MEDICAID

**OVERALL RATING**  
  
 HDS Member Rating:

To view this new feature, visit [HawaiiDentalService.com/FindADentist](https://HawaiiDentalService.com/FindADentist), click on “Find a Dentist” under the Hawaii, Guam and Saipan category, and enter the criteria for a dentist or specialist that suits your needs. You shall see the DentaQual<sup>®</sup> rating on the bottom right corner of each dentist listed in your results.

**OVERALL RATING**

HDS Member Rating:

To see details about the dentist's rating, click the DentaQual<sup>®</sup> rating graphic. HDS continues to display member reviews, so you can see how they rate their dentists.







INTRODUCING

# HDS Virtual Visits



As an HDS member, you have 24/7 access to virtual dental care. Whether you have a dental emergency or simply need quick oral health advice, HDS Virtual Visits are here for you.

Teledentistry is a secure and quick way to get a dentist's consultation without leaving your home. It could also help you avoid a visit to the emergency room. Teledentistry is already included in your existing dental coverage once per dentist/dental office, per 12-month period and does not count toward your regular preventive oral health exams.



### STEP 1

Visit the HDS Virtual Visits patient portal at:  
[bit.ly/hdsvirtualvisits](https://bit.ly/hdsvirtualvisits)



### STEP 2

Fill out your e-documents.



### STEP 3

Connect with a dentist and begin your consultation.

Need help? Call 24/7 at 1-866-302-0114.




## NEW HDS BENEFIT

# Athletic mouth guards for children

Nearly 60% of children six-years-old or older participate in outdoor sports across the nation. This puts them at risk of an oral injury. One third of all sports injuries are to the face.

An athletic mouth guard is beneficial in reducing the adverse effects of trauma and injury to the teeth during sports. HDS will cover one athletic mouth guard for patients ages 18 and younger. This benefit is allowed every 24 months.



Avoid common oral injuries in contact sports, wear a mouth guard.



# Dentist by One



Doctors and dentists recommend you take your baby to the dentist before their first birthday.



**1.** Clean your baby's gums with a damp washcloth after eating and drinking. Use a soft toothbrush and water to brush your baby's teeth and gums in soft gentle circles two times a day.



**3.** Give your child water instead of sugary drinks.



**2.** Don't let your baby fall asleep with a bottle of milk or a sugary drink at nap time or at night.



**4.** Don't share forks, spoons or food. This prevents germs that cause cavities from spreading to your baby.



**Dentist by One**  
HDS | Foundation  
Hawaii Dental Service





# SMILE PERKS

FOR HDS MEMBERS

## Access Your SMILEPerks Now!

Log onto your HDS Member Dashboard at [HawaiiDentalService.com/members](http://HawaiiDentalService.com/members) and click the link to the HDS Smile Perks. If you don't have an account, simply create one and follow the prompts.



Take fitness to another level with a bike or sports gear!

Get new fitness gear from McCully Bicycle and Sporting Goods! HDS members get a 10% discount in store off selected items. Show the cashier your HDS member ID to redeem your discount. Discount applies to regular-priced items; excludes tennis balls and fishing supplies. - 2124 King Street, Honolulu, HI



Lights. Camera. SMILE!

HDS members get 5% off any photo booth reservation with Party Pix Hawaii. Reserve your photo booth at [partypixhawaii.com](http://partypixhawaii.com) and enter the discount code **HDSFIVE** during check out to receive your SMILEPerks discount.



## Treat your pups to a day at a local oasis.

Aloha Dog provides day care, boarding and grooming services for dogs. Aloha Dog is offering new clients 50% off the evaluation interview fee. Enrolling dogs 20lbs. and under. HDS members also receive a 10% discount for weekday boarding from Monday through Thursday. Call (808) 591-1727 for more information. Show your HDS member ID card and picture ID upon receiving services to redeem your discount. - 525B Cummins St., Honolulu, HI

## Stay Active & Fit Year-round!

HDS provides its members access to local fitness centers through its partnership with the Active & Fit Direct program starting at \$25 per month. (Includes a \$25 enrollment fee and applicable taxes.) Register yourself and your family at any of the participating gyms. Visit the HDS Member Portal for more information.

## Go places with Hawaiian Airlines

Save on your next trip to your dream destination! HDS members get an exclusive 5% discount on mainland and international web fares on Hawaiian Airlines! (Excludes fares for Tahiti and American Samoa.) Visit the HDS Member Portal to access this discount.

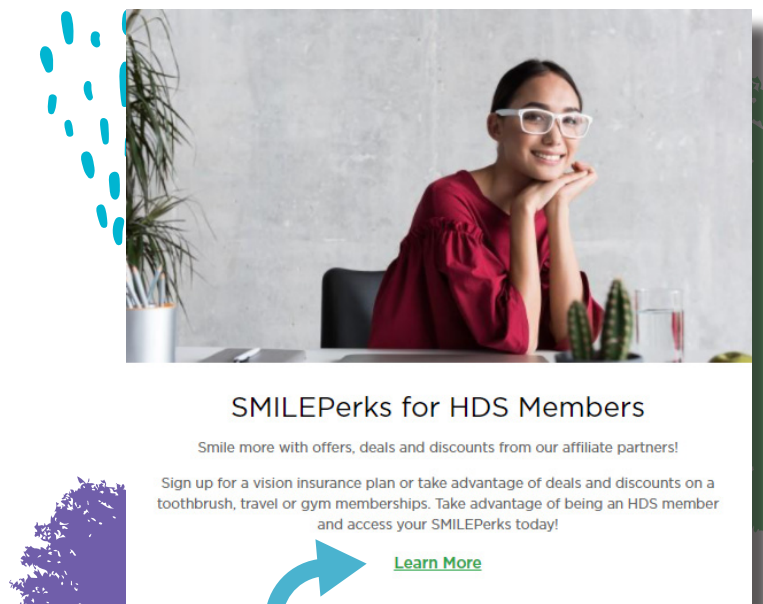
## Vision Care Coverage with VSP

HDS's vision partner, VSP, provides individual vision insurance that gives you access to the services and products you need to care for your eyes. Visit the HDS Member Portal for more information on enrolling with VSP.

# SMILE PERKS

Get more out of your HDS dental plan. Take advantage of SMILEPerks!

1. Visit [HawaiiDentalService.com/members](https://hawaiidentalService.com/members).
2. Log into the HDS Member Portal.
3. In the HDS SMILEPerks block on the dashboard, click the link to "Learn More."
4. You will be directed to a members' only SMILEPerks page with more information.



Look for this block on your HDS Member dashboard. Click "Learn More" to view all SMILEPerks details.