

*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.

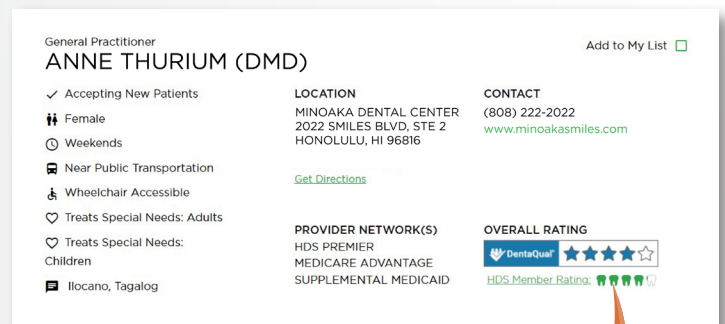
**STEP 3**

Connect with a dentist and begin your consultation.

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

# 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

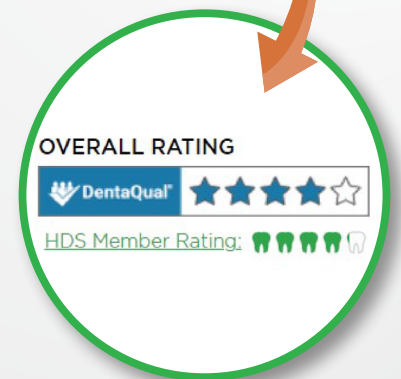
LOCATION  
MINOAKA DENTAL CENTER  
2022 SMILES BLVD, STE 2  
HONOLULU, HI 96816  
[Get Directions](#)

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



PROVIDER NETWORK(S)  
HDS PREMIER  
MEDICARE ADVANTAGE  
SUPPLEMENTAL MEDICAID

OVERALL RATING  
DentaQual   
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.



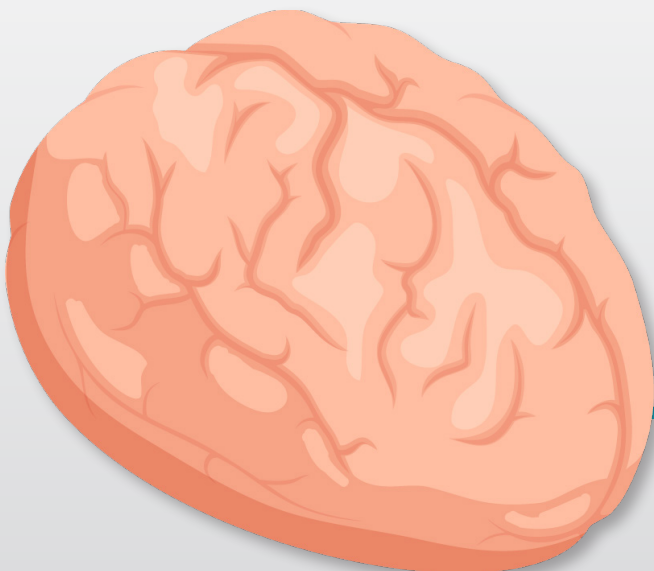
OVERALL RATING

DentaQual   
HDS Member Rating: 

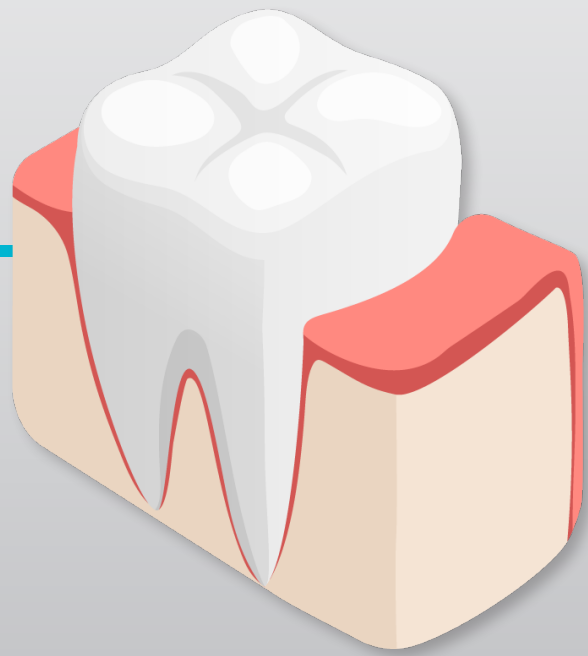
To see details about the dentist's rating, click the DentaQual<sup>®</sup> rating graphic. HDS continues to display member reviews, so you can see how they rate their dentists.



# 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).

LIVE WELL, SMILE MORE!

# Brush, Floss & See an HDS Dentist



Take advantage of your HDS dental plan  
and see your dentist twice a year.

## Are cleanings necessary even if you brush and floss?

Yes! Even if you brush twice a day and floss daily, having a dental professional clean your teeth allows plaque and tartar to be removed from spaces you can't reach at home. Cleanings also include a full exam of your mouth and a screening for signs of infection or systemic disease that may not be visible from the outside.

Be proactive and schedule your cleaning today to stay on top of your overall health.

## The costs of poor oral health go beyond having bad teeth and gums.

Among the many negative impacts of poor oral health, pain and discomfort aren't the only price you'll pay for not seeing a dentist regularly.

Studies show poor oral health can affect your overall health, finances and well-being. Long-term effects of tooth decay and gum disease can contribute towards heart disease, diabetes, Alzheimer's disease and other systemic diseases. It will also cost you more out of pocket. Many dental related emergency visits to hospitals can easily be prevented by seeing a dentist twice a year in addition to a solid routine of brushing and flossing. Your HDS benefits give you access to preventive care without breaking the bank.

# 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.



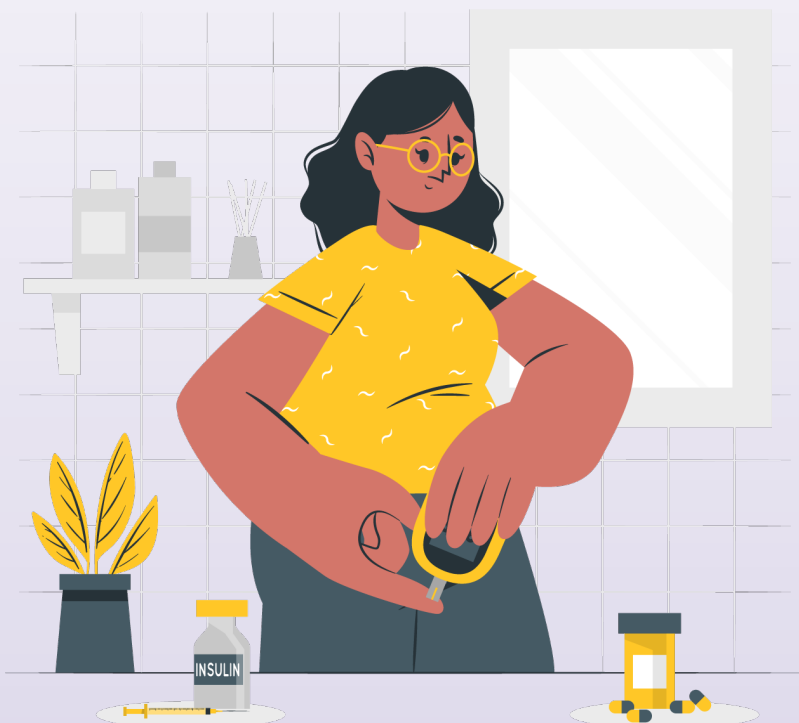
**Dentist by One**  
HDS Foundation  
Hawaii Dental Service



## 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.

### Did you know HDS Plans offer more for those diagnosed with diabetes?


HDS plans typically cover two exams and two cleanings per year. Your HDS dental plan comes with **Total Health Plus**, meaning if you have been diagnosed with diabetes or other diseases, you may qualify for more cleanings and fluoride treatments throughout the year. Log on to your HDS account on our member portal to view your benefits at [HawaiiDentalService.com/members](https://www.HawaiiDentalService.com/members).

## 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.

# How much sugar is in your drink?



## Sugar Content in Drinks



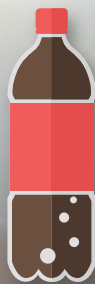
Vanilla Frappe  
16 oz.

69 grams



Energy Drink  
16 oz.

54 grams



Cola Drink  
12 oz.

39 grams



Fruit Juice  
(Apple or Orange)  
12 oz.

39 grams



2% Milk Bottle  
16 oz.

22 grams



Water  
(any amount)

0 grams



**NO SUGAR!**