



Why is dental health important?

Regular dental care can give you more than a bright smile. Poor oral health is linked to heart disease, stroke, diabetes, premature birth, osteoporosis and Alzheimer's disease. By using your dental benefits, you can lower your risk of these health conditions.

EDS dental plan options

You have the option of two different dental plans through Employers Dental Services (EDS), a Principal® Company. These are simple, prepaid dental plans, with coverage for both routine and preventive services. Plus, they're available in Arizona.

Your plan options include:

- No deductibles, waiting periods, yearly maximums or claim forms.
- Orthodontic benefits for children and adults.
- Worldwide emergency dental benefits 24 hours a day.



Who's eligible?

You can enroll in coverage after meeting your employer's eligibility requirements or during annual benefits enrollment. You can also cover family members. Ask your employer for details about when you can enroll and which dependents are eligible. You must add dependents within 31 days of becoming eligible for coverage, and don't forget to remove dependent children they are no longer eligible.

How to enroll

It takes just three easy steps:

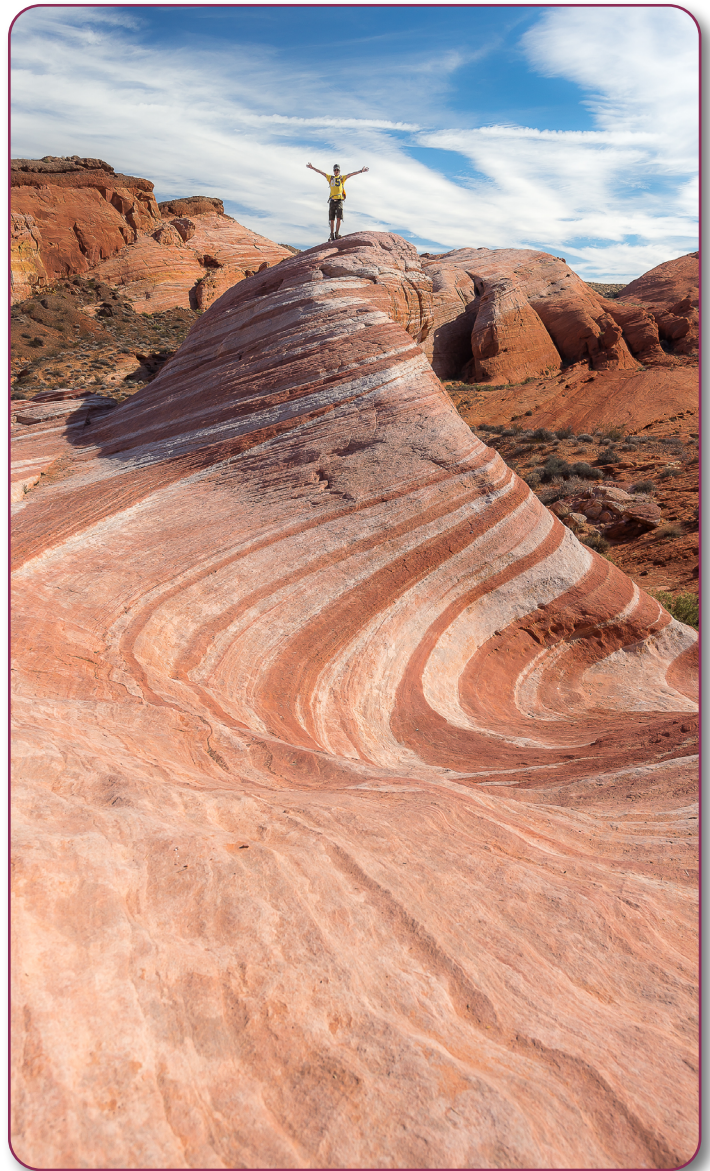
1. Get the details of your coverage by reviewing this flyer.
2. Choose a participating general dentist at employersdental.com. You and your dependents must use the same dentist.
3. Follow your employer's guidelines for enrolling.

After enrolling, you'll receive an ID card. And even though you won't need to show it at appointments, we know some people like to carry one.

Keep your smile white and bright!

Follow these tips to keep your pearly whites in top condition:

- See your dentist regularly. Many children and adults visit their dentist every six months, but, your dentist may want you to attend check ups more often based on your needs.
- Avoid drinking products that stain your teeth (such as coffee, tea or red wine), or use a straw so the liquid bypasses your front teeth.
- Brush or rinse right after consuming stain-causing beverages or foods.
- Brush your teeth twice daily and floss once daily.
- Use a whitening toothpaste once or twice a week to remove stains and prevent yellowing.



Contact Information

Web—employersdental.com

Phone—Talk to English or Spanish speaking representatives. Monday-Friday, 8:00 AM–5:00 PM (Arizona time)

Tucson—1.520.696.4343

Phoenix—1.800.722.9772

Statewide—1.800.722.9772

Email—EDSCS@principal.com

Mail—Employers Dental Services 3430 East Sunrise Dr., Suite 160 Tucson, AZ 8571

