

## Capital BlueCross Study Finds Preventive Dental Care Is Associated with Lower Costs for Those with Chronic Conditions

HARRISBURG, Pa., Oct. 25, 2018 /PRNewswire/ -- People with chronic health conditions such as asthma, diabetes, or heart disease who received preventive dental care covered by BlueCross Dental<sup>SM</sup> benefits are found to have fewer costly emergency room visits and hospital stays, according to a new study from the Capital BlueCross family of companies.

"We know that having quality dental coverage, and using it for preventive care, can contribute to overall good health," said Capital BlueCross President and CEO Gary St. Hilaire. "The findings of this study reinforce how integrating medical and dental coverage and care can be associated with improved health and lower costs for those dealing with chronic medical issues."

The study was conducted over a two-year period by Capital BlueCross and two independent companies, Dominion National and Geneia LLC®. Dominion National assists in the administration of BlueCross Dental<sup>SM</sup> benefits; Geneia provides data and analytical support, and assists in the administration of care and disease management programs. No member identifying information was used by the independent companies in conducting the research.

The research looked at the differences in medical cost and utilization between Capital BlueCross members with chronic conditions and BlueCross Dental coverage, who have received preventive dental services and those who have not received preventive dental services. It found:

- People with chronic conditions but no BlueCross Dental coverage had a seven percent higher incidence rate of inpatient hospital stays than those with BlueCross Dental coverage who received a preventive dental service.
- Those who had BlueCross Dental coverage but did not receive preventive dental services had a 19 percent higher incidence rate of emergency department visits than those with BlueCross Dental coverage who received preventive dental services.

The study involved analyzing paid claims between July 2015 and June 2017 for individuals with and without BlueCross Dental<sup>SM</sup> coverage who had a diagnosis for one or more of the following conditions: asthma; cerebrovascular disease; chronic obstructive pulmonary disease; coronary artery disease; congestive heart failure; diabetes; maternity; osteoporosis; renal failure; and rheumatoid arthritis

### About Capital BlueCross

Capital BlueCross, headquartered in Harrisburg, Pa., is the leading health solutions and insurance company in Central Pennsylvania and the Lehigh Valley. A partner in the community's health for 80 years, Capital BlueCross offers health insurance products, services and technology solutions that provide peace of mind to consumers and promote health and wellness for our customers.

More than a health insurer, the company delivers innovative solutions through a family of diversified businesses that is creating a healthier future and lowering health care costs. Among these solutions are patient-focused care models, leading-edge data analytics, and digital health technologies. Additionally, Capital BlueCross is growing a network of Capital Blue stores that provide in-person service and inspiration to help people reach their health goals. Capital BlueCross is an independent licensee of the BlueCross BlueShield Association. For more information, visit [capbluecross.com](http://capbluecross.com).

### About Dominion National

Dominion National, incorporated in 1996, is an agile and innovative provider and administrator of dental and vision benefits. Dominion serves over 900,000 members, including leading health plans, employer groups, municipalities, associations and individuals among its diverse client base. For more information, please visit [DominionNational.com](http://DominionNational.com) or follow Dominion National on Facebook, LinkedIn or Twitter.

### About Geneia

Geneia LLC specializes in the development of advanced clinical, analytics and technical solutions for healthcare transformation. Our team of physicians, nurses, technologists, analytics experts, and business professionals have created a suite of solutions that enable health plans, hospitals and employers to better understand, evaluate and manage the health of their populations. Using our advanced analytics platform, remote patient monitoring tool, and education and research institute, we work with healthcare organizations to improve outcomes, lower costs and restore the Joy of Medicine. The company has offices in Harrisburg, PA, Manchester, NH, and Nashville, TN. To learn more, visit [Geneia online](#) or connect with us [Twitter](#) and [LinkedIn](#).

SOURCE Capital BlueCross

For further information: Kirsten Page, Capital BlueCross, 717-541-6332

---

<https://capbluecross.mediaroom.com/2018-10-25-Capital-BlueCross-Study-Finds-Preventive-Dental-Care-Is-Associated-with-Lower-Costs-for-Those-with-Chronic-Conditions>