

Next Stage™ Women's Health Program FAQs



Support patients navigating pregnancy and menopause.

What is Next Stage™ Women's Health?

Next Stage™ Women's Health is an enhanced coverage program designed specifically for women experiencing pregnancy and menopause.

These pivotal life stages bring unique health challenges, including significant hormonal changes that directly impact oral health. During menopause, women may experience xerostomia, periodontal disease and osteoporosis due to declining estrogen levels. Pregnant women face increased risks of gingivitis and oral "pregnancy tumors" caused by hormonal fluctuations.

Our program recognizes that these conditions require specialized care, and offers tailored benefits, comprehensive support and educational resources to enhance women's overall well-being during these critical transitions.

Why has Delta Dental decided to launch Next Stage™ Women's Health?

Delta Dental developed the Next Stage™ Women's Health program to address a significant gap in health care support for women during two of life's most transformative stages. Research shows that hormonal changes during pregnancy and menopause have profound effects

on oral health, yet these connections are often overlooked in traditional health care settings.

By providing expanded benefits and comprehensive support, we're improving women's overall well-being while recognizing that oral health is integral to total health. This program reflects our commitment to innovative, evidence-based care that meets women where they are in their health journey.

Who is eligible for Next Stage™ Women's Health?

The program is available to Delta Dental members whose employers offer the Next Stage™ Women's Health program as part of their dental benefits, and are either:

- Currently pregnant
- Experiencing symptoms of menopause

What benefits are included in Next Stage™ Women's Health?

When a member opts into the program, the following enhanced dental benefits are covered at 100% each group plan year, effective 24 hours after enrollment.

Enhanced dental benefits (for both pregnancy and menopause):

- 2 additional exams (up to 4 in the group's plan year)
- Additional bitewing X-rays
- 2 topical applications of fluoride
- Teeth cleaning (prophylaxis), periodontal maintenance and scaling for moderate to severe gingivitis (up to 4 per year)

Note: Benefits are subject to applicable maximums and deductibles under the member's Evidence of Coverage terms.

Specialty services for menopause (through Midi Health partnership):

- Educational resources for both members and healthcare providers
- Access to providers who specialize in women's health and menopause
- Telehealth visits that are in network with most PPO medical plans
- Personalized care plans including prescription hormonal, non-hormonal treatments, supplements or wellness therapies.

Can members use their plan's regular pregnancy benefits alongside Next Stage™ Women's Health benefits?

Many Delta Dental PPO™ employer-sponsored plans include general pregnancy health benefits that are still available to members. However, opting in to the Next Stage™ Women's Health program offers pregnant members more comprehensive care.

The Next Stage™ Women's Health program provides more robust benefits than the standard pregnancy benefit. If members choose to opt in to the

Next Stage™ Women's Health program, these benefits will replace the standard additional pregnancy benefit in their plan.

Enrollment and eligibility

What do members need to do to opt in to the program?

Members can learn more on the Next Stage™ Women's Health member page at deltadentalins.com/members/womenshealth.

Can members opt in to other benefit programs, like SmileWay® Wellness Benefits, at the same time?

Some employer-sponsored plans may offer more than one additional benefits program to their employees. But an eligible plan member may only opt in to one program at a time. If they'd like to switch programs, they would need to opt out of their current program before enrolling in another.

How long does a member remain in the program?

Next Stage™ Women's Health benefits are effective for the plan year determined by the employer-sponsored plan. This may or may not be a standard calendar year. Within 65 days of the plan year end date, those who have opted in will have the option to reconfirm their status as pregnant or menopausal to continue receiving benefits for the following group plan year.

If the member's employer decides to discontinue participation in the program, those who opted in during the year are only eligible to receive these benefits until that end date, regardless of when they opted in.

Women's health and oral health connection

What is the relationship between menopause and oral health?

Menopause may create significant changes in oral health due to hormonal fluctuations, particularly the decline in estrogen. These changes can begin during perimenopause and include:

Primary effects:

- Reduced bone density affecting jaw bone and tooth support
- Decreased saliva production leading to dry mouth
- Altered immune response affecting gum health

Common oral health concerns:

- Xerostomia (dry mouth)
- Oral infections
- Gingival inflammation and periodontal disease
- Burning mouth syndrome
- Heightened caries risk

Long-term consequences:

- Increased risk of tooth loss
- Compromised ability to eat and speak comfortably
- Reduced quality of life
- Potential systemic health implications

What is the relationship between pregnancy and oral health?

Pregnancy triggers hormonal changes that may significantly impact oral health. The surge in progesterone and estrogen may result in multiple oral health challenges:

Common oral health concerns:

- **Pregnancy gingivitis** (gum inflammation and bleeding)
- **Increased caries risk** due to dietary changes and altered saliva composition
- **Pyogenic granuloma** commonly referred to as “pregnancy tumor” (benign but may be uncomfortable)
- **Loose teeth** caused by hormones softening connective tissues

Significant health connections: Research has established associations between maternal periodontal disease and adverse pregnancy outcomes, including:

- Low birth weight babies
- Preterm birth
- Pregnancy loss
- Preeclampsia

Maintaining excellent oral health during pregnancy isn't just about comfort. It's about ensuring the best possible outcomes for both mother and baby.

Provider benefits and support

What are the benefits for Delta Dental's contracted providers?

Next Stage™ Women's Health recognizes that dentists and dental hygienists are uniquely positioned to impact women's overall health during these critical life stages. The program benefits providers with:

Enhanced patient care opportunities:

- Expanded treatment options through additional covered services
- Ability to provide more frequent monitoring during high-risk periods
- Resources to support comprehensive women's health discussions

Professional development:

- Access to specialized education about women's health and oral health connections
- Tools and discussion guides to facilitate meaningful patient conversations
- Partnership with women's health specialists for comprehensive care

Practice growth:

- Improved patient satisfaction through enhanced benefits
- Opportunities to provide more comprehensive preventive care
- Positioning as a women's health-focused practice

How can providers learn more about the program?

Delta Dental provides multiple resources for contracted providers:

- Delta Dental landing page with comprehensive program information
- Provider-specific flyer with clinical guidance and benefit details
- Menopause-focused webinars featuring expert speakers and clinical updates
- Continuing education opportunities on women's health topics
- Clinical discussion guides for patient conversations

Midi Health partnership

What type of company is Midi Health?

Midi Health is a specialized telehealth company focused exclusively on women's health during mid-life transitions, menopause. They provide comprehensive care through:

- Board-certified clinicians specializing in menopause and women's health

- Evidence-based treatment approaches
- Convenient telehealth platform
- Comprehensive hormone therapy management
- Holistic approach to midlife health challenges

What are the unique benefits of this partnership for patients?

The Delta Dental-Midi Health partnership creates a comprehensive care ecosystem for menopausal women.

How can patients learn more about Midi Health?

Patients can visit the Midi Health website at joinmidi.com/deltadental to learn about their approach to menopause care and sign up for additional access to care.

Getting started

How can I learn more about Next Stage™ Women's Health?

Visit deltadentalins.com/dentists/next-stage-womens-health for more information and resources for the program. You can access:

- Provider materials
- Menopause-focused pre-recorded sessions
- Clinical discussion guides
- And more

You can also contact your Delta Dental provider relations representative for more details.

Who can I contact for additional questions?

For more information, please visit the Next Stage™ Women's Health homepage at deltadentalins.com/dentists/next-stage-womens-health.