



Medicare Parts A and B do NOT cover standard dental care.

In Iowa, the average cost of a dental cleaning, x-rays and exam is roughly \$200 twice a year.

Don't Retire Your Dental Care: Planning for Dental Care During Retirement

Your Mouth Affects Your Whole Body

A healthy mouth lets you eat the foods you like while speaking and smiling with confidence. However, poor oral health may lead to complications with health conditions such as respiratory disease, heart disease, and diabetes. Having good oral health is an important part of staying healthy in retirement.

Create a Plan for Your Dental Care

Weigh your options: Consider the benefits of keeping dental insurance through your employer after retirement (if available). Assess the cost of different insurance plans and the cost of paying for treatment out-of-pocket to determine best route for you.

Talk with your dentist: Discuss your future dental needs and estimated treatment costs down the road. Ask your dental office which insurance companies they work with and if they offer financing or discounts for dental care.

"Seven in ten retiring baby boomers have no dental insurance (and are unlikely to return for the vital regular six-month cleaning visit)."

Jefferson, R. (2017, January 21). Maintaining Good Oral health in Retirement Can Save Your Life and Your Money. Retrieved from Forbes: <https://www.forbes.com/sites/robinseatonjefferson/2017/01/21/maintaining-good-oral-health-in-retirement-can-save-your-life-and-your-money/#58775c6f6bb4>

Patterson Dental Supply, Inc. & Mavin Dental Solutions. (2016). Fee and Salary Survey Results.



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Oral Health Access for Aging Iowans