Prioritize dental benefits plans that support total health during open enrollment



CAMP HILL, Pa. (Nov. 11, 2026) — From coverage options and dentist networks to premium costs, there's much to consider when evaluating dental benefits. This open enrollment season, United Concordia Dental stresses the importance of selecting a plan that supports total health.

Last year, Gallup's National Health and Well-Being Index found that recent dental visits were linked to a higher likelihood of self-reported good health. Specifically, four in 10 adults with recent dental visits (42%) rated their health as "excellent" or "very good," compared with 26% of those who hadn't been to the dentist. Additionally, those with a history of professional oral health exams and cleanings reported greater life satisfaction.

"Research continues to make clear that oral health is an important part of overall health," said Ed Shellard, DMD, president and CEO, United Concordia Dental. "When choosing dental coverage, the right plan can help people prioritize routine care, stay ahead of potential issues and make more informed decisions about their well-being."

United Concordia shares three questions to think about when evaluating dental coverage during open enrollment:

1. Does the plan support your oral health needs?
When considering a dental plan, review any anticipated needs and priorities for the coming year, including preventive and restorative services, orthodontic treatment, and other factors like habits or hobbies that may affect your oral health.

Preventive services — like cleanings, diagnostic X-rays, periodontal evaluations and dental sealants — are especially beneficial for identifying issues before they become more serious and costly to treat. It's also important for anyone who can benefit from extra services and cleanings, like mothers-to-be and those managing chronic health conditions, to check to see if they're included in the plan.

Selecting coverage that aligns with your current and anticipated needs can help better manage costs and encourage good oral health practices in the long-term, contributing to improved well-being over time.

2. How easy will it be to use the benefits?
Choosing a plan is just the first step; having a better understanding of how your benefits work can help you get the most from your coverage and ensure an easier experience when care is needed. Look for plans that provide clear, easy-to-access information about covered services, out-of-pocket costs and other benefit details.

Additionally, considering things like how simple it is to access customer service, locate participating providers, view Explanation of Benefits statements and manage benefits online can help you navigate care with greater confidence.

3. What resources and support does the dental plan provide?
Looking at how the dental plan can offer value beyond coverage can provide a more complete picture of the support available.

Dental insurers offering things like care management resources; wellness consultants and educational tools; and digital member services such as digital wallets, treatment cost estimators and responsive customer service support can help you get greater value from your benefits.

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