

Oral Wellness Newsletter



Don't lose sight of safety in the workplace

Experiencing an eye injury at work is more common than you might realize. In fact, more than 2,000 people injure their eyes at work each day ^[1]. During Workplace Eye Wellness month, it's important to understand the risks of eye injuries that can occur at your job. Whether your workday requires manual labor, sitting at a computer or working outside in the sun, you could possibly injure your eyes. Some common causes of eye injuries include blue light emitted from screens, UV light exposure, flying objects, tools, particles, chemicals and harmful radiation. Thankfully, the right eye protection can lessen the severity – or even prevent – 90% of accidental eye injuries ^[1].

Safety eyewear protection includes:

- Non-prescription and prescription safety glasses with side shields
- Sunglasses
- Blue-light filter glasses
- Goggles
- Face shields
- Welding helmets
- Full-face respirators

[Learn more about if protective eyewear is right for you.](#)



Are you having trouble achieving restful sleep at night?

If you find that you are often snoring loudly, gasping for air during sleep, waking up abruptly with shortness of breath and getting up several times in the night to urinate, you may be suffering from sleep apnea. Sleep apnea is a common condition that occurs when the upper airway becomes blocked during sleep, resulting in irregular breathing throughout the night.

Understanding the signs and symptoms of sleep apnea are important for treatment and taking care of your oral and overall health. When left untreated, this condition can lead to several health problems, including gum disease, low bone-mineral density and heart disease; and other effects like headaches, memory loss, tiredness and decreased sex drive.

There are different types of sleep apnea, and the same treatment does not work for everyone. A doctor can evaluate you and help you decide on the best treatment plan. In the meantime, making simple life changes can help reduce or prevent this sleeping condition. Changes you can make include quitting smoking, getting regular exercise, avoiding alcohol and treating your allergies.

[Learn more](#) about sleep apnea and see if a doctor consult is right for you.



Dentists and assistants: thank you for making us smile

This month, thank your dental team for keeping your pearly whites healthy! With National Dentist Day and Dental Assistants Recognition week both falling in March, this is the perfect

time to show a little extra appreciation to these amazing professionals for the important role they play in your oral health.

At United Concordia Dental, our dental partners provide affordable and accessible care to patients, like you, all over the country. Our nationwide footprint and large network ensure that more in-network dentists are close to home, which means you can spend less time getting to appointments and more time doing the things you love. We're also making it easier for you to find the dental care information you need – when you need it. Our **MyDentalBenefits** portal, mobile apps and engaging emails help you get the most value out of your dental benefits.

Since our dedicated dentists and their teams are committed to improving your oral health, they should be recognized and appreciated all year long. No matter when you visit your dental office, take the time to thank your team for their hard work!

[Here are five ways your dental team enhances your visit.](#)



Now offering round-the-clock access to dental care

Dental emergencies can happen when you least expect it! If you are a Preferred Provider Organization (PPO) member, you now have an additional way to access on-the-go virtual visits and consultations with a dentist. Thanks to our new partnership with Virtual Dental Care, we are offering teledentistry solutions through Teledentix.

[Visit our website](#) to learn more about these virtual services.

Sources:

1. *Preventing Eye Injuries: Your Sight; Prevent Blindness; 2023.*

[Lea en Español](#)

[Download the pdf](#)

Stay Connected. Stay Healthy.

Ensure delivery of emails

Please add noreply@email-unitedconcordia.com to your email address book or safe list.

OWC_20230307_March