



The potential benefits of virtual dental care



In part due to the COVID-19 pandemic, virtual care has surged in popularity, including to assist people with better access to dental care and advice.¹ To help people maintain or improve their oral health, virtual dental care may provide a more affordable and convenient option compared to other health care settings such as the emergency room (ER), especially on weekends or after hours.



Virtual dental care advantages

Virtual dental visits may provide multiple oral health services, including:

- An initial screening or exam.
- Post-operative consultations.
- Care coordination with other oral health specialists.
- Guidance to a local dentist with availability or a primary care physician, if appropriate.

20%

of Americans live in rural areas with limited access to oral health care providers.²

53%

of people surveyed are interested in using digital devices, such as smartphones, tablets or laptops, to access care.³

76%

of patients surveyed prioritize access to care more so than the need for in-person appointments with care providers.²



Affordability

Teledentistry may offer care at more affordable prices compared to in-office and ER visits.²

The cost of dental services is the top reason for people to not visit the dentist more often.⁴

2+

million ER visits in a year are for dental issues.⁶

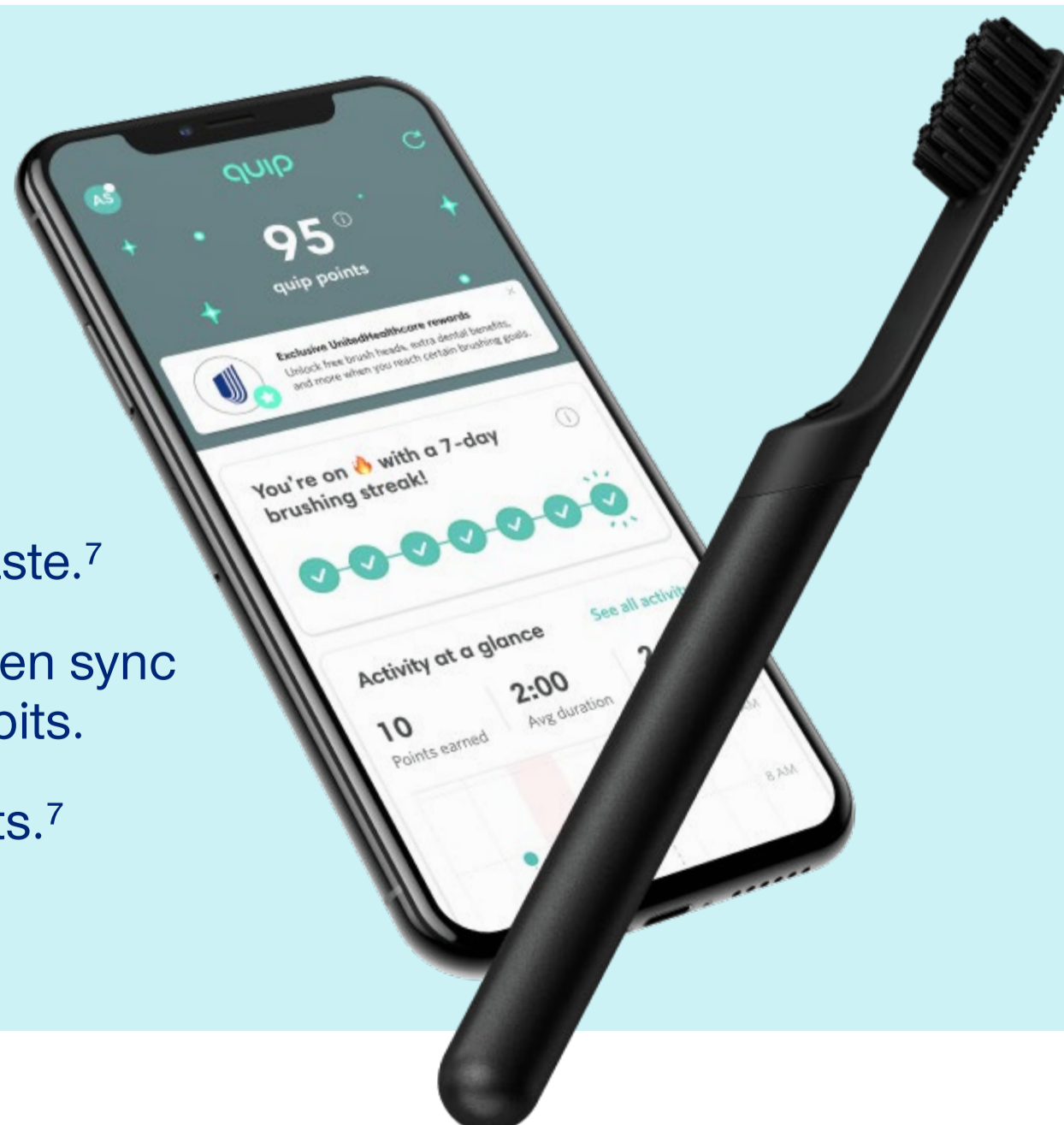
Dental care ranks among the most frequently avoidable ER visits.⁵

\$2B

spent in dental ER visits nationally in one year.⁶

Everyday tips for oral health

- Brush twice a day for 2 minutes.⁷
- Don't forget to floss daily.⁷
- Use mouthwash and opt for a fluoride toothpaste.⁷
- Consider an electric toothbrush. Some can even sync to an app to help support proper brushing habits.
- Limit sugary foods and avoid tobacco products.⁷



¹ Decisions in Dentistry, 2020, <https://decisionsindentistry.com/article/teledentistry-amid-pandemic-beyond/>
² American TeleDentistry Association, 2020, <https://www.americanteledentistry.org/facts-about-teledentistry>
³ 2021 UnitedHealthcare Consumer Sentiment Survey, <https://newsroom.uhc.com/news-releases/consumer-sentiment-survey-2021.html>
⁴ American Dental Association, 2015, <https://www.ada.org/-/media/project/ada-organization/ada/ada-org/files/resources/research/hpi/us-oral-health-well-being.pdf>
⁵ International Journal for Quality in Health Care, 2017, <https://academic.oup.com/intqhc/article/29/5/642/4085442>
⁶ Agency for Healthcare Research and Quality, 2021, <https://hcup-us.ahrq.gov/reports/statbriefs/sb280-Dental-ED-Visits-2018.pdf>
⁷ Mayo Clinic, 2021, <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>