

HELP EMPLOYEES BRUSH UP ON ORAL HEALTH



VitaMin: Vital health information in a minute

Oral health: A window into overall health

Oral health can affect employee health and well-being in a number of ways. It can also give clues about a person's overall health. Help employees understand the importance of taking care of their teeth and gums.

Finding the right balance is essential for the health and well-being of your employees. Our Cigna Life ConnectedSM approach addresses five dimensions of overall well-being: physical, emotional, environmental, financial and social.



Motivate employees to focus on building good oral health habits:

Newsletter

- Connections between oral health, self-esteem and overall health

Email to employees

- Best and worst foods for oral health
- Crock Pot Sweet Potato Chipotle Chili recipe

Observance email

- Dental Hygiene Month

[DOWNLOAD ALL FILES](#)

Provided in English and Spanish

Together, all the way.®

This information is for educational purposes only. It's not medical advice. Always ask your doctor for appropriate examinations, treatment, testing, and care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation.

949217 10/21 © 2021 Cigna. Some content provided under license.

This is an email from Cigna | 900 Cottage Grove Road, Bloomfield, CT 06002

[Legal Disclaimer](#) | [Privacy](#) | [Product Disclosures](#) | [Cigna Company Names](#)

© 2021 Cigna. All rights reserved

If you no longer wish to receive similar emails from Cigna, you can [unsubscribe](#).