

Getting Kids Excited About Veggies!

Do you have great tips or tricks for getting kids to eat veggies? Share them with others on our Facebook page! [Facebook.com/PacificSource](https://www.facebook.com/PacificSource)

Hear what the kids say about Veggie U. Visit [youtube.com/pacificsource](https://www.youtube.com/pacificsource) and select the video named "PacificSource Brings Veggie U to Oregon Classrooms."



We know what you're thinking: "That's impossible!" But luckily for many Oregon fourth-graders, PacificSource's Wellness Coordinator Charis Allenbaugh believed that kids could and would get excited about eating vegetables if they could see and be a part of the entire process.

PacificSource funded the Veggie U program in eight Oregon classrooms last year, and is continuing the program in eight classrooms this year. Veggie U offers kits complete with seeds, soil, flats, root view boxes, grow lights, and even worm farms.

These materials allow students to get hands-on experience with every stage of vegetable planting, growing, and harvesting. Since the students

invest so much time and effort into growing these vegetables, they're more likely to eat them, and to try other new, healthy foods.

"We've noticed that our kids have started taking more vegetables in the lunch line," said one fourth-grade teacher. "I've also heard from several parents that their children are asking for different vegetables once they get home. That alone has been worth the time to offer the program." We asked the kids who participated what their favorite part of the program was. Besides eating the yummy vegetables they grew themselves, their clear choice was the worm farms!

It's exciting to see such a great program be embraced by kids, teachers, and parents. Veggie U has the potential to benefit the lives of hundreds of children in the communities we serve, and PacificSource is proud to sponsor it.





Take Advantage of Your Preventive Dental Benefits

Did you know that dental cleanings are covered at little or no cost to you when you visit an Advantage Dental Network dentist? That's right. Depending on your dental plan, you can get two or more free cleanings per year, or only pay a small percentage of the cost. If your dentist isn't in the Advantage Dental Network, your cleanings are still covered, with little out-of-pocket cost to you.

Why should you take advantage of your preventive dental benefits and have your teeth cleaned? In addition to being covered at little or no cost, it will help you:

- **Keep your smile bright and white.** Your hygienist can remove most tobacco and coffee stains from your teeth, leaving them clean and bright. Plus, you get that great feeling of freshly polished teeth.
- **Prevent gum disease.** Current trends and studies are showing a relationship between gum disease and chronic illnesses, such as heart disease, stroke, and diabetes.

Pregnant women with gum disease are three- to five-times more likely to have premature babies.

- **Save money.** Your dentist or hygienist can detect early signs of problems with your teeth and gums. Creating a treatment plan early can save you time, money, and pain in the long run.

Honestly, we can't think of a reason *not* to make a dentist appointment today! To check to see if your dentist is part of the Advantage Dental Network, or to find a contracted dentist, visit PacificSource.com and click the Find a Provider link at the top of any page.

Be sure to review your policy for a full explanation of benefits. If you have any questions, please contact one of our Customer Service Representatives:

Oregon (866) 373-7053

Idaho (800) 688-5008



What is a contracted dentist?

A contracted dentist (sometimes referred to as an in-network dentist) is a dental professional who is a member of the **Advantage Dental Network**. The Advantage Dental Network includes more than 950 dentists in Oregon, Idaho, and Washington. When you see a contracted dentist, you'll just pay your plan's copayment, deductible, and/or coinsurance. You will usually not be responsible for any amount that exceeds contracted fees on covered services.

Sources: Arch Intern Med, California Dental Association Foundation, and BMC Health Services Research. For a full listing of these sources, see the online version of this newsletter at PacificSource.com > For Our Members > Member Newsletters.

Make the Most of Your Dentist Visits

With a little preparation, you can make the most of your dental visits. We've created a guide to help you before, during, and after your appointment so that you can be an informed, confident patient, ready to take charge of your dental care.

Getting Ready for Your Appointment

- ❑ Make a list of your questions and concerns, all medications and supplements you take, and any allergies you have.
- ❑ Check your insurance benefits.

During Your Appointment

- ❑ Explain why you're there.
- ❑ Answer your dentist's questions clearly and completely.
- ❑ Listen to your dentist's diagnosis and recommendations.
- ❑ Ask questions about any tests or procedures your dentist recommends.
- ❑ Ask any remaining questions from your list.
- ❑ Know what happens next—make sure you're clear about the next steps.

After Your Appointment

- ❑ Do your part. Follow directions and schedule appointments.
- ❑ Watch for possible problems or new symptoms.
- ❑ Call back with new questions or concerns if you need to.



Go Paperless!

Get the *Member Newsletter* and our annual notices by email! In addition to being greener, the email newsletter includes direct links to online information and resources.

Visit **PacificSource.com/Paperless** or email our Customer Service Department at cs@pacificsource.com.

We respect your privacy and will never share or sell your email address.

Need Help?

We are always happy to assist you if you have any questions about your dental benefits. Feel free to call us toll-free at (866) 373-7053 or email cs@pacificsource.com.

¿Necesita ayuda?

Siempre estamos dispuestos a ayudarle si tiene alguna pregunta acerca de sus beneficios. Llámenos sin cargo al (800) 624-6052 ext. 1009 o envíe un correo electrónico a cs@pacificsource.com.

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For more information and a demo, visit **PacificSource.com/welcomemembers** and click the "Using InTouch for Members" topic.

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