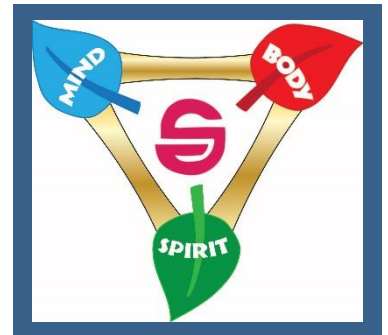


National Dental Hygiene Month

SETA's Wellness and Safety Awareness Committee
October 2020 Issue



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October 2020 Newsletter
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Everyone loves a clean mouth, right? And we think keeping that mouth of yours clean on the regular basis is worth celebrating. In fact, we think it's worth celebrating not just for a day, but for an entire month; hence, the recognition of the month of October as National Dental Hygiene Month. This month is dedicated to promoting healthy mouths all across the country, and celebrating the hard work your favorite dental hygienist does to keep

your pearly whites squeaky clean.

HOW TO OBSERVE NATIONAL DENTAL HYGIENE MONTH

1. Floss Every Day

Much controversy exists around flossing, but we are here to tell you (with the advice of dentists backing us) that flossing is something you should be doing every day. There are things that brushing just can't take care of, and that's where flossing comes in. Right now, is the best time to get in the habit of flossing every day while we have extra time available working from home or less commute time.

2. Brush Twice a Day for Two Minutes

Brushing your teeth twice a day doesn't only help battle morning breath and that lingering gross taste in your mouth, it also helps reduce the chances that you will develop gum disease. So, every morning and every night, squeeze that toothpaste onto your toothbrush and get brushing, for two solid minutes.

3. Rinse with Mouthwash

Another thing that people think is optional with oral hygiene is mouthwash. But, according to dental hygienists, it shouldn't be. Aim to make rinsing with mouthwash a regular occurrence after you brush and floss. This antimicrobial rinse will help keep your mouth clean and will do wonders for your breath.

Reference: <https://nationaltoday.com/national-dental-hygiene-month/>

SETA's Dental Insurance Plan

A comprehensive dental plan is available through Delta Dental of California for benefit eligible employees and their enrolled dependents.

BENEFIT LEVELS

This plan provides three levels of benefit:

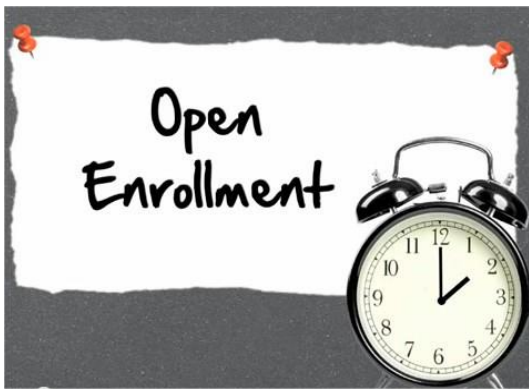
If you receive services from a Delta PPO dentist	If you go to a non-PPO Delta dentist	If you access a non-Delta dentist
The plan will pay 100% of the preventative and diagnostic services; 90% for basic services; and 80% for major services.	The plan will pay 80% of preventative and diagnostic services; 80% for basic services; and 80% for major services.	The plan will pay 80% of covered services based upon the Maximum Plan Allowance. Any remaining balance is your financial responsibility.

You can visit Delta Dental's website [here](#) to determine if your dentist is a Delta PPO dentist.

DEDUCTIBLE There is a \$25 per person calendar-year deductible. The maximum family deductible is \$75 per policyholder per calendar year. The deductible will be waived in the third year of coverage for any member who has had two (2) preventive cleanings in each of the two (2) previous calendar years, provided there is no break in coverage under this plan. The deductible will continue to be waived as long as you receive two cleanings per plan year.

COVERAGE AMOUNT The calendar year maximum is \$2,500 per person if you receive all services from a PPO provider (\$2,000 for non-PPO providers). The calendar year maximum excludes orthodontia. The plan's orthodontic benefit is 50% of Usual, Customary and Reasonable (UCR) with a lifetime benefit maximum of \$1,500 per person.

ACCESSING COVERAGE Delta Dental of California does not mail out ID cards after you enroll. Simply provide your dentist's office with your social security number and they will verify your eligibility with Delta Dental.



October is Open Enrollment Month, Virtually!

Due to COVID-19 and shelter in place orders, open enrollment month at SETA is five weeks long this year! Now is the time to make changes to your benefits plan that will be effective for the new year starting January 1, 2021. The open enrollment period is from September 28 through October 30, 2020.

NATIONAL BAKE AND DECORATE MONTH

Preheat the oven, throw on an apron, and whip out some of your favorite dessert recipes! National Bake and Decorate Month is an annual designation observed in October. You know what that means? It's time to get into full holiday swing mode and start baking some of your favorite sweet treats to decorate with friends and family. This is arguably one of the best times of year. Everyone is just starting to gear up for the holidays and 'tis the season for cookies, cupcakes, and pies galore! October is a great time to enjoy the seasonal ingredients and flavors like pumpkin spice, caramel apple, ginger, cranberry, and more. Turn on some fun fall music, light some autumn-scented candles, and get baking!

HOW TO OBSERVE

Bake something. A cake, a pie, anything. Then decorate it. Use #BakeAndDecorateMonth to post on social media! The possibilities are truly endless when it comes to baking and decorating. We've compiled a list of some fun ideas for you to make happen, to get everyone in on the baking party!

1. Have a cookie decorating party with your family. Find a simple sugar cookie recipe, make as many cut-outs as you need, and bake them together. Get some fun frosting colors ready in bowls, and let your crew have a cookie decorating competition!
2. Host a virtual baking competition. Get your co-workers and friends involved, and encourage them to bake and decorate some of their favorite goodies at home.
3. Don't forget about donuts! Another fun and tasty dessert to bake is donuts. They are loved by many and is another baked good that is easy to decorate with frosting and sprinkles. Happy baking!

Reference: <https://nationaldaycalendar.com/national-bake-and-decorate-month-october/>

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*Prepared by the SETA Wellness and
Safety Awareness Committee*

www.seta.net/staff-resources/wellness-safety-awareness-program

Contact us: wellness@seta.net