

# Caries risk management assessment

## A dental plan benefit for children – age 19 and younger

Blue Shield can help you take extra care of your child's smile and oral health with the caries risk management assessment benefit.

Caries Management By Risk Assessment (CAMBRA) evaluates a patient's risk level for the caries infection, or tooth decay. This is a benefit of every child's Blue Shield dental coverage.\*

Depending on risk factors for tooth decay, dentists may perform tests for oral bacteria levels, and examine disease indicators such as decay, and dietary and oral hygiene habits. After conducting the assessment, the dentist can recommend appropriate preventive and therapeutic approaches, such as fluoride treatments, and improved oral health and eating guidelines.

When your doctor recommends fluoride varnish treatments, Blue Shield dental plans follow this schedule of treatments in addition to your child's twice-a-year cleanings:

Assessment	Calendar-year fluoride varnish treatments allowed
High risk	Up to four
Medium risk	Up to three
Low risk	Up to two

Fluoride can help prevent tooth decay by making the tooth more resistant to acid attacks from plaque bacteria and sugars. It can also reverse early decay. For children younger than age 6, fluoride becomes incorporated into the development of permanent teeth, strengthening them against acids. Fluoride also helps protect teeth by fighting acid in both children and adults.†

The fluoride preparations used in the dental office are a much stronger concentration than the fluoride in toothpastes and mouthwashes you get in a store or at a pharmacy.

When requesting additional fluoride varnish treatments, the provider must provide a copy of the completed American Dental Association (ADA) CAMBRA form (available on the ADA website).

CAMBRA uses a scientifically proven, evidence-based approach to assess, prevent and treat tooth decay that is specific to each patient.

The American Academy of Pediatric Dentistry† reports that children with healthy mouths:

- Chew more easily and gain more nutrients from the foods they eat
- Learn to speak more quickly and clearly
- Enjoy better health, because disease in the mouth can endanger the rest of the body
- Have more confidence in their appearance

\* Depending on the plan, dental plans may be underwritten by Blue Shield of California or Blue Shield of California Life & Health Insurance Company (Blue Shield Life).

† Fast Facts 2014, American Academy of Pediatric Dentistry, www.aapd.org, accessed September 24, 2014.