



TMJ and Your Dental Plan

What is TMJ?

TMJ stands for temporomandibular joint, the joint that allows for jaw motion. Pain in this joint is referred to as TMJ disorder. Causes of TMJ include nighttime jaw clenching or teeth grinding (also called bruxism), degenerative joint disease, cartilage damage in the jaw and jaw alignment problems.

How do I know if I have TMJ disorder?

TMJ symptoms range from tenderness and swelling of the jaw to headaches and backaches. Sometimes a clicking or popping sound is heard when the jaw opens and closes. If you are experiencing these symptoms, schedule an appointment with your dentist to determine if you have TMJ disorder.

What can my dentist do for TMJ disorder?

First, visit your dentist for an exam. Treatment varies depending on the risk factors, severity of the problem and the condition of your bite and jaw. If your dentist determines the cause of problem is TMJ, he can fit you with a mouth guard.

What are my TMJ benefits?

TMJ is covered under your VT iDirect dental plan as a major service. If your dentist determines mouth guards are necessary, they are covered under your dental plan once every five years.

For detailed information on your coverage, log into the subscriber section of our website at DeltaDentalVA.com or check with your Human Resources representative.