



TMJ and your dental plan



The temporomandibular joint connects the lower jaw.



Pain while chewing is a common symptom.



Injury may play a role in TMJ problems.

TMJ stands for temporomandibular joint. This is the joint that connects the jaw bones and allows for jaw motion. Pain in this joint is referred to as TMJ disorder. Causes of TMJ disorder may include nighttime jaw clenching or teeth grinding (also called bruxism), degenerative joint disease, cartilage damage in the jaw and jaw alignment problems. Your plan covers dental services related to TMJ. Read on to learn more.

When should I see a dentist?

TMJ disorder symptoms range from tenderness and swelling of the jaw to headaches and earaches. Sometimes a clicking or popping sound is heard when the jaw opens and closes. If you are experiencing these symptoms, see your dentist for an exam.

What can my dentist do?

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 the problem is TMJ disorder, they can fit you with a mouth guard.

What are my TMJ benefits?

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

For details on your coverage, log in at our website at [DeltaDentalVA.com/members](https://www.deltadentalva.com/members) or check with your Human Resources representative.

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<https://www.deltadental.com/us/en/protect-my-smile/oral-health-conditions/temporomandibular-joint-dysfunctions.html>