

Because you need healthy **teeth**

to **eat, speak** and

smile.

If you have any questions
or concerns, please call
our Customer Service

Department toll-free at:

866-561-5892.

For TDD service, please call:

800-735-2922.

**Why should I go to
the dentist?**



What will the dentist do to make my teeth stronger?

Your dentist will give you a regular check-up and take x-rays. This helps the dentist decide what treatment you may need.

Your dentist will also make sure you are brushing your teeth the right way, check for cavities, and make sure your teeth and gums are healthy.



These are just some of the reasons why you should visit your dentist regularly.

Together, you and your dentist can keep your smile healthy and bright.

What else can my dentist and I do to keep my smile bright?

You can:

Brush your teeth for at least 2 minutes after every meal, or at least twice a day, and be sure to use a toothpaste that contains fluoride.

Floss at least once a day, preferably before bed. This cleans those tight places your toothbrush can't reach.

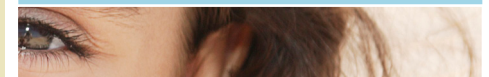


Your dentist will:

- Take x-rays of your teeth and check for cavities
- Repair any teeth that have cavities
- Clean and polish your teeth
- Show you the right way to brush and floss
- Consider the use of sealants on your teeth. Sealants help prevent dental disease and promote good dental health.

How do I make an appointment?

- Use your Provider Directory to find a dentist close to you, and to find one who speaks your language.
- Call the dentist's office to make an appointment.
- Don't forget your ID card.
- Bring information about any past medical problems, or any medicine you may be currently taking.
- Be sure to arrive on time.
- Write down all follow-up instructions from the dentist, and be sure to make an appointment for your next visit.



If for any reason you can't keep your appointment, please call the dentist's office so that another patient can be scheduled. Thank you!