

# Reasons to Use Your Dental Benefits

Good oral care can provide years of healthy smiles, and it's a whole lot easier and more affordable with dental insurance.

## Here are three reasons why you should visit your dentist



### Feel better

How you feel about your looks affects your self-esteem and attitude. Meet with your dentist to address concerns about your oral health, so you feel confident sharing your smile with others.



### Maintain a healthy smile

During dental exams, the dentist professionally cleans your teeth and gums by removing plaque and tartar. He or she also will check for signs of decay, loose teeth, gum disease, infection, and bite and jaw misalignment. Early detection reduces the need for expensive dental treatments.



### The mouth and body connection

While checking your teeth, the dentist will look for signs of health problems, such as diabetes, oral cancers, heart disease, and acid reflux. Catching these medical problems early can help reduce the need for expensive tests and procedures.

## Don't leave preventive money on the table

Preventive visits include exams, cleanings and X-rays. Because preventive care is so important, your plan covers the majority of these costs. Call your dental office today to get your next appointment on the calendar.

## Tips for healthy teeth and gums



Brush two times a day, after breakfast and at bedtime, for at least two minutes each time.



Floss between teeth once each day.



Swish water or an antiseptic mouth rinse around your mouth to remove bits of food.



Schedule dental appointments once or twice a year for an exam and cleaning.



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