

Enjoy a lifetime of healthy smiles with good dental care

Don't brush off good dental hygiene

Taking good care of your teeth right now will keep them healthy and strong for a lifetime. Apply these dental care basics to keep your teeth—and your health—at their best:

- Brush your teeth at least twice a day using a toothbrush with soft bristles and fluoride toothpaste. Use a circular motion and short back-and-forth strokes.
- Always brush gently along the gum line.
- Remember to brush your tongue.
- Floss your teeth each day.
- Replace your toothbrush at least every three months.

Your oral health is linked to your overall health, and sometimes the first sign of disease shows up in your mouth. That's why it is important to visit your dentist every six months for dental cleanings and checkups.



Brush up on dental care with the *Healthwise Knowledgebase*. It's available on the Personal Health Manager through Blue Access® for Members. Log in and click the *Research* tab to explore dental health resources.



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Sources: Mayo Foundation for Medical Education and Research;
U.S. Department of Health & Human Services

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