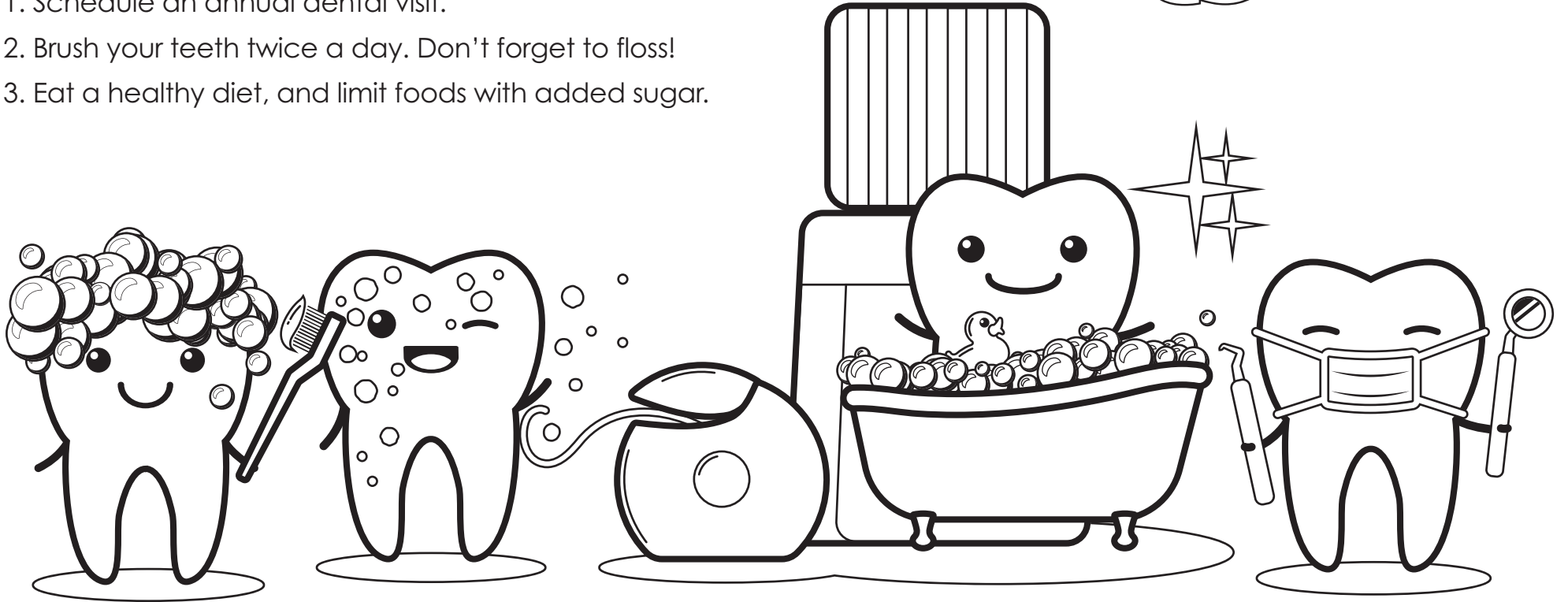


# *Taking Care of Your Teeth is as Easy as...*

The  
HealthPlan

1. Schedule an annual dental visit.
2. Brush your teeth twice a day. Don't forget to floss!
3. Eat a healthy diet, and limit foods with added sugar.



Color me and post on your refrigerator as a reminder!



1110 Main Street  
Wheeling, WV 26003-2704  
1.800.624.6961



**Who knew that the key to good dental health starts from the moment you get your first tooth? It's never too early to start thinking about good dental health.**

- Dental visits should start as early as 2 years of age and visits should be repeated at least once a year. During the visit, the dentist will clean teeth and check for cavities.
- Members under the age of 21 are eligible for a \$25 gift card for having a dental check-up.
- Approximately 25 percent of children in the U.S. have more than one cavity. Early visits give you the chance to get established with a dentist and learn how to stay cavity-free.
- By starting good habits now, you are setting your child and/or yourself up for having healthy teeth and gums for life!

If you have questions about your dental benefit or need help finding a provider, call 1.888.983.4698.

*The Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.*

***Help in your language***

*ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1.888.613.8385 (TTY: 711).*