

A HEALTHY MOUTH AND BODY GO HAND-IN-HAND



Taking good care of your mouth, teeth and gums does more than help you have a bright smile. It also helps keep you healthy and reduces your risk for many diseases.

The mouth contains bacteria that is mostly harmless. It can be kept under control through daily brushing and flossing and regular visits to the dentist. But without proper oral care, bacteria can reach levels that can cause tooth decay and gum disease.

Severe gum disease can lead to tooth loss. It can also lead to other conditions such as diabetes and heart disease. Gum disease has been linked to pregnancy and birth complications. And bacteria in the mouth may cause pneumonia and other lung diseases.

Use the [Find a Dentist tool on DentaQuest.com](#) to find a provider near you or call member services at 1-888-912-3456.

To protect both your oral health and your overall health, practice good oral hygiene. Follow these habits to keep your mouth – and your body – in tip-top shape.



Brush your teeth at least twice a day using fluoride toothpaste



Floss daily



Eat healthy diet



See the dentist every 6 months



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