

Good oral health begins with you. And one of the best ways to keep your mouth healthy is to visit your dentist regularly for routine checkups and cleanings.



Follow these simple steps to help maintain good oral health:

- Brush your teeth twice daily with a fluoride toothpaste to protect teeth from decay
- Replace your tooth brush every three to four months
- Floss between your teeth every day to remove plaque and food particles
- Eat a balanced diet and limit between-meal snacks
- Visit your dentist regularly for checkups and cleanings
- Limit consumption of sugary food and drink
- Don't smoke or chew tobacco

To find a participating dentist, visit our website at excellusbcb.com or call Customer Service at 1 (800) 724-1675.

