

Your mouth is in danger

PROTECT IT!



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Don't smoke or use tobacco products.



26%

More than 1 in 4 adults in the U.S. have untreated tooth decay —
SEE YOUR DENTIST!

3

Replace your toothbrush every three months.



1

Get your children to the dentist by their first birthday.

40

Sharks have around 40 sets of teeth in their lifetime — you have only two.

TAKE CARE OF THEM.



Brush your teeth at least twice a day.

For additional resources or to find a doctor in your area, log in to your health plan's website.



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