



Know the Facts.
Get Informed.
Be Empowered!

Healthy Smile Tips

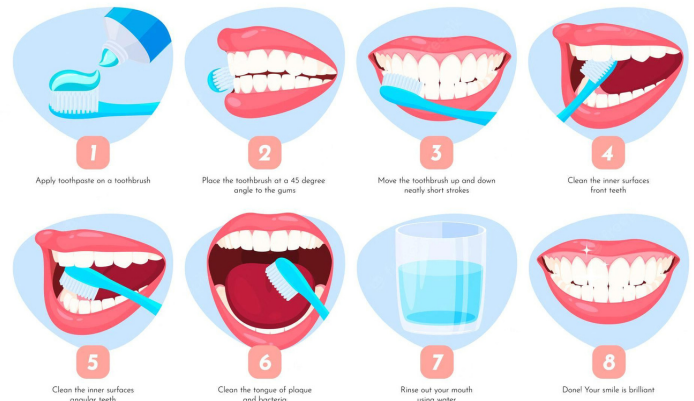
How to Brush

- Brush your teeth twice a day with a fluoride toothpaste.
- Brush your teeth for 2 minutes each time, twice a day. This is for healthier teeth, good breath, fewer cavities, and to avoid painful dental problems.
- Use a fluoride toothpaste.
- Place the toothbrush at an angle against your gums.
- Move the brush back and forth, gently, in short strokes.
- Brush the front, back, and top of your teeth.
- Spit out the toothpaste when you are done, do not swallow it.
- Brush your tongue to remove germs and freshen your breath.

Use the Right Toothbrush

- Use a soft firm toothbrush. The size and shape of the brush should allow you to reach all areas of your mouth.
- Replace toothbrushes every three to four months.
- Replace your toothbrush sooner if the bristles are worn out or if you have been sick.

HOW TO BRUSH YOUR TEETH



Floss Every Day

Clean between your teeth once a day, every day, with floss or flossers to remove plaque and food where a brush cannot reach.

Attack Plaque!

Plaque is a sticky film of germs that forms on teeth and gums after eating. Plaque that is not removed by brushing twice a day and flossing once a day, can lead to cavities.

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Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

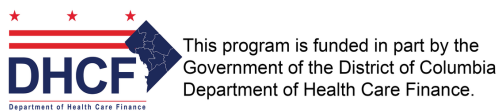
Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



It's how we treat people.