



# Make Oral Health a Priority

**Prevention can be the key to a healthy smile. Routine care from your dentist can help find problems early before you need more advanced, costly care.**

- Brush your teeth twice a day with a soft bristle toothbrush.
- Floss daily.
- Eat a healthy diet and limit snacks between meals.
- See your dentist regularly.

**Prevention is a part of your dental plan. Services may include:**

- Oral exam
- Cleanings
- Flouride Treaments
- X-Rays
- Oral Cancer Screenings
- And More

## How to Find Your Dentist

*in the Cigna DPPO & DHMO Networks\**

**By registering for [myCigna.com](https://myCigna.com), you can get individualized information according to your dental plan.**

### STEP 1

**Register on [myCigna.com](https://myCigna.com)**

### STEP 2

**Click on "Find Care & Costs"**



**Or Call 800.244.6224**



\*These services are for full-time permanent employees only. Dental services are contingent upon your dental plan.



# Healthier Teeth for You And Your Children

## Tips for Children to Have a Healthy Smile

Teaching your child about dental hygiene as soon as the first tooth comes in can lead to a lifetime of healthy dental habits.

**Lead by example.**

Practice good oral health for yourself as well.

**Choose a dentist that you and your family trust.**

This will help make the experience more enjoyable for everyone.

**Remind them to brush daily.**

Remind them to brush before school and before bed.

**Encourage them to floss.**

Flossing may help prevent gum disease.

**Reduce sugar in their diets.**

Replace sugary snacks and drinks with fruit, cheese or water alternatives.

**Reward healthy habits.**

Occasionally leave treats from the "Tooth Fairy."

## How to Find Your Dentist

*in the Cigna DPPO & DHMO Networks\**

Register at [myCigna.com](https://myCigna.com) to find a network dentist to save your family money.

### STEP 1

Register on [myCigna.com](https://myCigna.com)

### STEP 2

Click on "Find Care & Costs"



Or Call 800.244.6224



\*These services are for full-time permanent employees only. Dental services are contingent upon your dental plan.