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 Treatments
- X-Rays
- Oral Cancer Screenings
- And More

How to Find Your Dentist
in the Cigna DPPO & DHMO Networks*

By registering for myCigna.com, you can get individualized information according to your dental plan.

STEP 1
Register on 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."

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