

The benefits of regular dental visits

Brushing and flossing can help you maintain good oral health, but regular visits to your dentist are just as important. Here are some ways you'll benefit from visiting your dentist on a regular basis.

Catch problems before they become painful or expensive

Regular dental visits can identify cavities, gum disease, and other oral issues before they become a painful and costly problem.

Look and feel better

Dental issues can make eating, speaking, sleeping, and everyday activities difficult. Regular checkups can prevent tooth loss, bad breath, and sensitive teeth and make you proud of your smile.

Improve your overall health

Your mouth can offer clues about your total health. Poor oral health can also affect the rest of your body. Your dentist examines your mouth, head, neck, and jaw, in addition to your teeth and gums. They can spot early warning signs of disease in your mouth and elsewhere in your body.

Don't have a dentist? You can find one at floridabluedental.com/find-a-dentist.



Take advantage of your preventive dental benefits today

Your BlueDental plan covers two regular exams and cleanings a year at little or no cost when you see a dentist in our network.

Dental plans are offered by Florida Combined Life Insurance Company, Inc. (FCL), an affiliate of Florida Blue and an Independent Licensee of the Blue Cross and Blue Shield Association.

Florida Blue, Florida Blue HMO, Florida Blue Preferred HMO (collectively, "Florida Blue"), Florida Combined Life and the Blue Cross and Blue Shield Federal Employee Program® (FEP) comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. We do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). FEP: Llame al 1-800-333-2227.

ATANSYON: Si w pale Kreyòl ayisyen, ou ka resewva yon èd gratis nan lang pa w. Rele 1-800-352-2583 (pou moun ki pa tande byen: 1-800-955-8770). FEP: Rele 1-800-333-2227.