

filling YOU IN



Re-energize Your Oral Health Care Routine

Looking to switch up your oral health care routine? Try something new for your smile this year. An easy change, like testing out a new toothpaste flavor, will help you get a fresh start on good oral health habits. You can also:

- **Switch from a manual to an electric toothbrush.** Simply changing the type of toothbrush you use may help re-energize your oral health care routine. While both types can be equally effective, electric toothbrushes may be helpful in brushing hard-to-reach spots.
- **Try a new toothpaste.** Off-the-wall varieties like vanilla ice cream or chocolate could make brushing more exciting. Whatever toothpaste you choose this year, be sure the active ingredient list includes fluoride to effectively fight tooth decay.
- **Try a different type of floss.** Everyone should floss at least once a day, but there are different ways to get the job done. Flavored floss, dental tape and floss picks are just some ways to get your flossing done.

Did You Know?

Our Find a Dentist tool on our website and mobile app makes it easy to find a new dentist in your area. You can search by zip code, specialty, extended hours and more!



January



Keep your oral health on track by scheduling annual exams, cleanings and x-rays for you and your family members. Remember, preventive care is key in maintaining good oral health.

February



February is National Children's Dental Health Month. Fluoride and sealant treatments are encouraged for children's mouths and can help create important dental health routines.

March



March 20 is World Oral Health Day. Celebrate the importance of good oral hygiene by brushing twice a day for two minutes and flossing every day to maintain a healthy and happy smile.