

# GOOD DENTAL CARE

*gives your family a reason to smile*



A healthy mouth leads to a healthy body. It's never too early to start good dental habits with your children. As your guide to better health, Buckeye Health Plan encourages families to keep up on their dental care. **Call your dentist to schedule an appointment today!**



## Make oral health part of your family's routine

- Floss daily and brush teeth at least twice a day.
- Use a soft-bristled brush and fluoride toothpaste.
- Eat a healthy diet with less added sugars.
- Visit the dentist every six months to make sure your family's teeth and gums are healthy.

Seeing the dentist regularly and brushing and flossing daily help stop tooth and gum problems before they lead to bigger health issues down the road. Without these preventive measures, you are more likely to develop serious health challenges like pneumonia and heart disease.



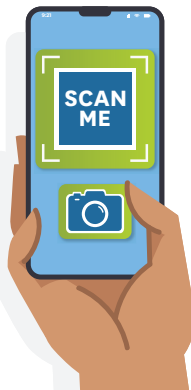
## Buckeye makes it easier for your family to take care of their dental health:

- You and your child get two dental exams and teeth cleanings per year—**at no cost to you!**
- **Need a ride?** Buckeye members get no-cost transportation to and from dental appointments. Call **866-531-0615** at least 48 hours in advance to schedule a ride.
- **Need help finding a dentist?** Use the “Find a Provider” tool on BuckeyeHealthPlan.com or call Buckeye Member Services at 1-866-246-4358.

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**SCAN TO  
LEARN MORE!**



## Contact Us

*We can help if you have questions about your health plan or benefits.*

Call Member Services with questions related to your benefits, services and claims: 1-866-246-4358 (TTY:711)

Call our 24/7 nurse advice line for answers to your health questions: 1-866-246-4358 (TTY:711)

Get detailed information at [BuckeyeHealthPlan.com](http://BuckeyeHealthPlan.com)



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