

Tips for Healthy Teeth

It is easy to keep your teeth clean. Follow these simple tips to have a great smile and healthy teeth.



Brush your teeth

- Brush your teeth at least two times a day: after breakfast and before bedtime. Another good time to brush is after eating snacks.
- Use a soft-bristled toothbrush and fluoride toothpaste. Brush the top and side surfaces of your teeth. Make sure to also brush at the gum line to get rid of all the plaque.
- Get a new toothbrush every three months. Get a new one sooner if the bristles lose their shape. A child's toothbrush can wear out sooner and needs to be replaced more often. An old toothbrush will not clean your teeth right.



Floss

- Floss at least once a day to help remove plaque from between teeth and the gum line.
- Slide the floss up and down the sides of the tooth and under the gum line. Use a clean section of floss for each tooth.



See your dentist

- See your dentist at least twice a year to get your teeth checked and cleaned.
- Go to your dentist right away if you have any pain or notice a bad flavor in your mouth when you are not eating food.

(continued)



Healthy lifestyle

- Cut down on food and drinks that are high in acid such as sodas. High acid can erode the outer surface (the enamel) of your teeth.
- Do not smoke. It stains your teeth, causes bad breath and increases your risk of getting tooth disease and oral cancer.



To learn more, call the Health Education Information Line toll-free at **800-804-6074 (TTY: 711)**, Monday–Friday 9 a.m. to 5 p.m., excludes weekends and holidays.

For questions about your CalViva Health benefits, call the Member Services toll-free at **888-893-1569 (TTY: 711)**, 24 hours a day, 7 days a week.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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