Understanding Your Oral Health

Your smile is worth a thousand words and keeping it healthy is worth even more.

Why is preventive dental care important?
- Brushing, flossing, eating a healthy diet, and seeing your dentist regularly helps to avoid dental disease.
- Routine exams and cleanings can prevent the additional cost associated with fillings, root canals, extractions, etc.

Did you know?
- Tobacco use causes an increased level of calculus (hardened plaque) to form on teeth, which can lead to tooth decay and gum disease.²
- Studies suggest that a diet low in fruits and vegetables may be linked to an increased risk of cancers of the oral cavity.³
- Pregnancy can increase the risk of oral health problems like cavities and gum disease. Seeing your dentist during pregnancy for a routine checkup is important for your dental health.⁶

Best practices for routine dental care from the American Dental Association¹
- Brush your teeth twice a day with an ADA-accepted fluoride toothpaste
- Replace your toothbrush every three or four months
- Clean between teeth daily with floss or an interdental cleaner
- Eat a balanced diet, and limit soft drinks and between-meal snacks

For more information and tools, visit MetLife’s Oral Health Library at oralfitnesslibrary.com


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