Get rid of PLAQUE! Brush twice a day with a fluoride toothpaste.

Clean or floss between your teeth daily.

Visit your dentist regularly for routine exams, x-rays, and cleanings.

Discuss with your dentist:
- Supplemental fluoride to strengthen your teeth.
- Dental sealants to protect your teeth from decay.

If you have questions about using your benefits, call the phone number listed on your Medicaid card.