

Share a Smile, Make Someone's Day Better!

When you're happy the whole world smiles with you. So keep your smile shining bright with these easy tips.

ORAL HEALTH STARTS AT HOME.

- Brush for 2 mins, 2X a day using a toothpaste with fluoride¹
- Rinse, floss, repeat
- Change your toothbrush every 3-4 months, or when the bristles are frayed
- Eat fresh fruits and vegetables
- Cut back on sugary drinks, sodas, coffee
- Drink water throughout the day²
- Share a smile with family and friends!



Did you know?

91% of people who take proper care of their teeth say their self-confidence is EXCELLENT³

1. Preferably with an ADA Seal of Acceptance. 2. Water washes away sugar and acids that can sit on your teeth & cause plaque. 3. Cigna Dental study: Exploring the relationship between oral health and mental well-being. August 2019.

Together, all the way.®



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