

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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To get this information in other
languages and accessible formats,
please call Member Services. This
number is on the back of your
Member ID card.

To get this information in your
preferred language and/or accessible
format, please call Member Services
at **(888) 665-4621**.



Dental Hygiene

Dental Hygiene

Healthy teeth are important for children and adults of all ages. Did you know an adult has an average of 32 teeth? However, forty percent of adults over the age of 65 do not have a complete set of teeth. Your teeth should last a lifetime, so take good care of them!

DENTAL CARE FOR ALL AGES

- Brush your teeth before bedtime.
- Brush your teeth at least twice a day.
- Replace your toothbrush every three to four months or after illness.
- Floss once a day.
- Visit your dentist every six months for a checkup and cleaning.
- Brush your tongue to keep it clean and have fresh breath.
- Brush your gums gently.
- Avoid using tobacco products.
- Keep your toothbrush for yourself. Sharing a toothbrush can spread germs.
- Avoid drinking too much sugary beverages such as soda, coffee, sweetened teas and caffeine energy drinks.
- Eat a well-balanced diet.



TODDLER 1-3 Years

- Use sippy cups and glasses after 14 months of age.
- Take your child to the dentist twice a year.

CHILD 3 TO 12 YEARS

- Help your child to brush at least two times each day.
- Avoid foods and drinks high in sugar, like candy and soda.
- Take your child to the dentist twice a year.

TEENAGERS AND ADULTS

- Place your toothbrush where the gum meets the tooth, at a 45 degree angle, to clean under the gum line.
- Look at your gums to see if wisdom teeth are growing in. Talk to your dentist about removing them.