

## How to Have a Healthy Smile



Brush 2x a day for 2-3 minutes



Floss in between your teeth  
1x a day



Snack on healthy foods like  
fruits, vegetables and  
whole grains



Drink plenty of water, limit soda  
and other sugary drinks

## Did You Know?



Tooth enamel is the hardest  
part of your entire body



The average human  
produces 25,000 quarts of  
saliva/spit per lifetime. That's  
enough to fill 2  
swimming pools!



Sharks have as many as  
3,000 teeth at once



# National Children's DENTAL HEALTH MONTH

February



*"Tooth decay is the most common childhood disease and is five times more common than asthma" - CDC*

*"On average, elementary children will miss 6 school days per year. Half of those days are due to dental issues." - Colgate*

Visit the Dentist 2x a Year for a Checkup & Cleaning!



Question About Your Dental Benefits?  
Need a Local Dentist in Your Area?

Call us Today!  
1-800-468-0608

Visit Our Website:  
Healthplex.com