



blueprint

## ...The benefits of... regular dental visits

Brushing and flossing can help you maintain good oral health, but regular visits to your dentist are just as important. Here are some ways you'll benefit from visiting your dentist on a regular basis.

### Catch problems before they become painful or expensive

Regular dental visits can identify cavities, gum disease and other oral issues before they become a painful and costly problem.

### Look and feel better

Dental issues can make eating, speaking, sleeping and everyday activities difficult. Regular checkups can prevent tooth loss, bad breath and sensitive teeth and make you proud of your smile.

### Improve your overall health

Your mouth can offer clues about your total health. Poor oral health can also affect the rest of your body. Your dentist examines your mouth, head, neck and jaw, in addition to your teeth and gums. They can spot early warning signs of disease in your mouth and elsewhere in your body.

**Don't have a dentist? You can find one at [arkbluecross.com/find-care](https://arkbluecross.com/find-care).**



### Take advantage of your preventive dental benefits today

Most Arkansas Blue Cross and Blue Shield dental plans cover two regular exams and cleanings a year at little or no cost when you see a dentist in our network.



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