



# The importance of seeing your dentist

Going to the dentist isn't something that most people look forward to. It isn't always a pleasant experience, and it can cause anxiety for some. But your dentist is your partner in preventing oral health issues, which is well worth the effort! Here are six ways you will benefit from visiting your dentist on a regular basis.

## Catch problems before they become painful or expensive

Many dental conditions are painless at first, but brushing and flossing aren't enough to prevent some issues. Regular dental visits can avoid or lessen the effects of cavities, gingivitis, enamel loss and periodontitis.

## Build a relationship with your dental care team

With more frequent communication, it's easier to ask questions—and get answers. And if you're nervous, regular checkups can help you feel more relaxed.

## Make informed decisions

Regular visits to your dentist will give you a clear understanding of coverage and costs for any required treatments.

## Leave the dentist feeling better!

Dental issues can interfere with eating, speaking, daily activities and even your self-esteem. Regular visits can prevent tooth loss, bad breath, sensitive teeth and feelings of embarrassment.

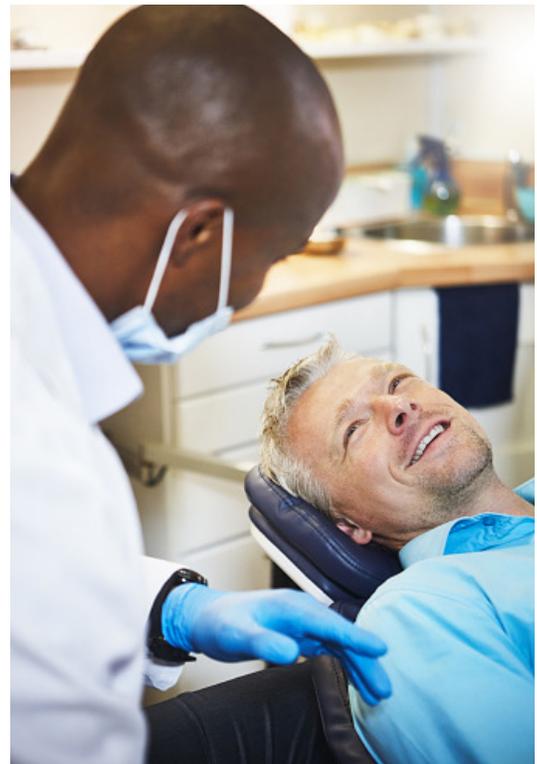
## Stay on top of your dental—and overall—health

Regular visits to your dentist go beyond an examination of your teeth and gums. Dentists look at your head, neck and jaw and thoroughly examine your mouth to spot early warning signs that may mean disease elsewhere in your body.

## Take advantage of preventive services

Best of all, your BlueDental plan covers twice yearly regular exams and cleanings at little to no cost when you see a participating provider.

Don't skip a dental checkup because of cost, time or anxiety. In the long run, missing visits will likely cost more. If you haven't had a preventive visit in the past six months, make an appointment today!



If you haven't had a preventive visit in the past six months, make an appointment with your dentist today! Don't have a dentist? Visit [floridabluedental.com/find-a-dentist](https://floridabluedental.com/find-a-dentist) to easily find a dentist near you.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). FEP: Llame al 1-800-333-2227.

ATANSYON: Si w pale Kreyòl ayisyen, ou ka resewva yon èd gratis nan lang pa w. Rele 1-800-352-2583 (pou moun ki pa tande byen: 1-800-955-8770). FEP: Rele 1-800-333-2227.