



Floss. Brush. Click.

To keep your smile bright and healthy, you can do more than just floss and brush. Click on the Dental Health Center at premera.com/dentalhealth for tools, tips, and advice.

The online resource provides:

- Dental health tips
- Overview of basic dental terms
- Ask a Dentist—a convenient way to get answers to general dental care questions
- Dental health articles on oral care, procedures, treatments, medications, and dental problems
- Dental risk assessment—interactive quizzes to assess your risk for tooth decay, periodontal disease, and oral cancer

Tip:

Regular dental care can help reduce the need for more complex—and expensive—dental procedures in the future.



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