

# Brush Up on Dental Care

Below are some general tips for brushing and flossing your teeth.  
See a dentist regularly to make sure you use a technique that is appropriate for you.



## Brushing Your Teeth

**Begin with the right brush:** Choose a brush with soft, rounded bristles. Be sure your brush is the right size (in general, smaller is better than larger).

**Add the toothpaste:** A pea-sized amount of toothpaste with fluoride is enough.

**Brush in small circles:** Gently jiggle the bristles or move them in small circles over the tooth and gums.

**Get every surface:** Brush the outside and the inside of each tooth. Use a light back-and-forth motion for chewing surfaces.

**Don't forget your tongue:** Brushing your tongue will help freshen your breath and also remove germs.

**Aim for twice a day:** Brush after breakfast and before bedtime.

**Take your time:** Brushing should take at least 3 minutes.

**Take it easy:** Rough tooth brushing leads to tooth and gum pain.

**Know when to get a new brush:** Replace your brush every 2 to 3 months, or when the bristles begin to spread or bend. You should also

replace your toothbrush after you have been sick.

## Flossing Your Teeth

**How to floss:** Hold the floss tightly. Gently guide the floss between your teeth and scrape the side of the tooth with the floss. Repeat for all of your teeth at least once a day.

## Be Sure to See Your Dentist

WellCare provides dental benefits for both children and adults.

**For children:** Children should visit the dentist at least by age 3, or as early as age 1 if your child's primary care provider (PCP) recommends it. WellCare covers annual child dental checkups. For specific benefits to your plan, please refer to your member handbook.

**For adults:** WellCare offers expanded dental benefits to adults (age 21 and over) that include:

- Exams every 6 months
- Cleanings every 6 months
- X-rays once a year
- Prescriptions for dental services

**Doral Dental provides these services on behalf of WellCare. Call Doral Dental at 1-800-516-9615 to choose a dentist.**

WellCare also offers over-the-counter benefits monthly to help you get the dental supplies you need. You can get items such as toothbrushes, toothpaste, and waxed dental floss each month at no charge.

## Questions?

- Talk to your PCP or your child's PCP.
- Call the Personal Health Advisor line at 1-800-919-8807 24 hours a day, 7 days a week.
- Call Customer Service at 1-866-231-1821 (TTY/TDD: 1-877-247-6272).



*Choices for a Healthy Life*

