**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.

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**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.

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**Georgia Families**

*Choices for a Healthy Life*

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