

Healthy teeth, healthy kids

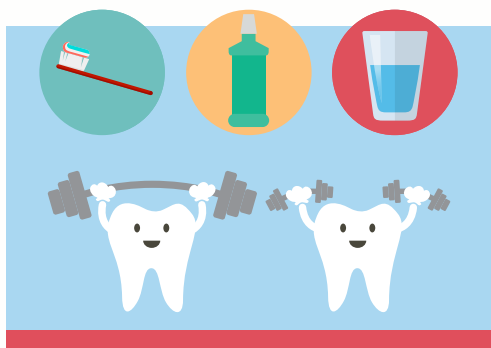
Teaching kids about dental health is important to their long-term overall health. Regular dental cleanings and checkups should start very early in life—often earlier than most people think! Here are a few tips to keep your kids' teeth strong and healthy.



Prevention—the best offense is a good defense

Did you know tooth decay can occur as soon as your kid's first tooth appears? The American Dental Association recommends scheduling your child's first dental visit after the first tooth appears and no later than the age of 12 months.

Learn more: floridabluedental.com/prevention-for-kids



Fluoride is a powerful tool

Fluoride is one of the most important weapons in the fight against cavities. It replaces minerals and reduces tooth decay, helping to rebuild weak teeth and reverse early signs of damage. Talk to your dentist about whether your child might need extra fluoride treatments to help ensure healthy teeth as they grow.

Learn more: floridabluedental.com/fluoride-for-kids



Sealants can stop cavities before they start

Sealants are like a shield for teeth. They are a thin covering painted on the chewing surfaces of back teeth (molars). Sealants protect teeth by blocking out plaque and bacteria. When applied to kids' teeth, sealants can save a lot of money over a lifetime. Getting sealants is quick, easy, and painless! Check your plan's benefits to see if sealants are covered.

Learn more: floridabluedental.com/sealants-for-kids

Need dental coverage for your child?

Florida Blue has three affordable BlueDental products for individuals and families who buy their own dental coverage or don't get it through work. You can add your children to your family's dental plan or enroll them in their own plan. You don't have to have a Florida Blue health plan to enroll in a BlueDental plan.

To learn more, call your Florida Blue representative or agent, or call us at 1-888-753-4363 today!

Dental plans are offered by Florida Combined Life Insurance Company, Inc. (FCL), an affiliate of Florida Blue and an Independent Licensee of the Blue Cross and Blue Shield Association.

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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, gen sèvisèd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).