KEEP YOUR TEETH
HEALTHY

Brush, floss and get regular checkups

Taking good care of your oral health now will protect your teeth for years to come. Floss and use mouthwash daily, and brush your teeth twice a day. See your dentist every six months. Limit your intake of carbonated drinks and starchy or sugary foods.

Learn more in the Live Healthy section of www.BlueChoiceSC.com.

BlueChoice® HealthPlan
South Carolina

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