

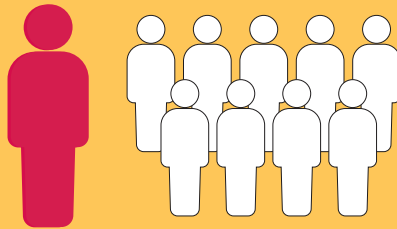
KEEP YOUR TEETH HEALTHY



Brush, floss and get regular checkups



Nearly $\frac{1}{4}$
of adults have
untreated
tooth decay.



One in 10
adults have severe
gum disease.



Untreated
dental disease costs
\$45 billion
in lost productivity
annually.

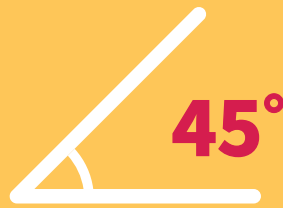
Brush your teeth for



2 minutes

at least twice a day.

Hold your toothbrush at a



45°

angle to your gums.

Replace your
toothbrush every



**3 - 4
months**



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



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.

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