Mind your ones and twos so you keep smiling!

Looking for Medicaid Dental Coverage? Call 1-844-ASK-DHHS

Brush with fluoridated toothpaste for **two** minutes **twice** daily.

Floss your teeth **once** daily.

Visit a dental office **twice** a year.

Keeping your mouth healthy reduces your risk of many diseases!

Oral hygiene as disease prevention

- Oral hygiene can reduce risk for:
  - Type 2 diabetes
  - Pneumonia
  - Premature births and low birth weight babies for pregnant individuals
  - Heart attacks and strokes
  - Endocarditis

Other ways to improve oral health

- Drink water
- Eat your veggies
- Limit sugar
- Chew sugar-free gum

Learn more at
www.dhhs.nh.gov/oralhealth



Department of HEALTH & HUMAN SERVICES | Division of Public Health