



## **SMILE AND SHOW YOUR BEST FACE!**

The smile is the sign of pleasant and positive emotions. What can you do for your smile and care of your teeth?

In MMM Multi Health we offer some recommendations for you to take action, keep your teeth healthy and presume a beautiful smile.

### **THE KEY TO KEEPING A BRIGHT, HEALTHY SMILE THROUGHOUT LIFE IS:**

- Practice proper oral hygiene. Remember this practice begins before teeth appear.

### **WE ALSO RECOMMEND:**

- Realize a preventive dental exam. Visiting your dentist at least two times a year for routine exams and professional cleanings helps you maintain a good oral health.
- Brush your teeth after every meal. In infants use a damp cloth to wipe gums after every meal. As soon as the first tooth appears use a soft toothbrush.
- Use dental floss daily to remove plaque from teeth and under the gum line.
- Ensure proper nutrition; this will provide your teeth the nutrients and minerals needed to keep them strong.
- Avoid foods high in sugars, this will prevent problems such as cavities or gum disease.

Certainly these tips will help you maintain a healthy and beautiful smile. MMM Multi Health is committed in guiding the community to take good care of themselves. They offer monthly educational activities on these and other topics of interest.

**IF YOU NEED MORE INFORMATION** regarding our services or Wellness Programs can communicated:

**1-844-336-3331** (toll free)

**Monday through Friday: 7:00 a.m. to 7:00 p.m.**

**[www.multihealthpsg.com](http://www.multihealthpsg.com)**