



SOUTHERN LAND
COMPANY

Southern Land's dental benefit is administered by Blue Cross Blue Shield of Tennessee. Preventive and diagnostic services, such as routine cleanings and x-rays, are covered at 100% and the deductible does not apply when utilizing a participating dentist. The plan also provides coverage for basic services, such as oral surgery, and major services, such as implants. Visit www.bcbst.com/finddentalcare to locate an in-network provider close to you and schedule your visit today!

Your Smile's Health Matters!

Dental hygiene and oral health are directly linked to your overall well-being. While we often focus on physical health and regular exams, we tend to overlook the importance of dental care. Dental hygiene is crucial for your overall physical health, as issues with your teeth and gums can negatively impact other areas of the body. For example, poor oral health can weaken the immune system and, in turn, make you more susceptible to infections.

Taking care of your teeth and gums is key to maintaining your health. Healthy teeth can last a lifetime with the right habits.

- **Brush & Floss Daily:** Brush and floss at least twice a day to prevent cavities and gum disease.
- **Regular Dental Exams:** Get a dental exam once or twice a year to catch any potential issues early. If it's been over a year since your last check-up, schedule one today!
- **Protect Your Overall Health:** Dental problems like gum disease can increase the risk of heart disease, pneumonia, and diabetes.
- **Watch for Warning Signs:** Notify your dentist if you experience tooth pain, red or swollen gums, or persistent bad breath.
- **Replace Your Toothbrush:** Change your toothbrush every 3 to 4 months, or sooner if the bristles are frayed.
- **Proper Toothbrush Care:** After use, rinse your toothbrush to remove debris and store it upright, ensuring bristles don't touch.



Sources:

<https://healthylearn.com/connerstrong/hc/dental-hygiene.html>