More reasons to smile.

Oral hygiene: What you should know.

Here are some fresh ways to keep your mouth healthy and your smile bright.

Replace your toothbrush every 3–4 months

Over time, bristles become frayed and less effective at cleaning your teeth.[1]

Brush twice a day for two minutes

Following the American Dental Association's guidelines helps reduce cavity-causing plaque and lowers your risk of gum disease.[1]

Floss once a day

Flossing is an important way to reduce your risk of gum disease (periodontitis).

Pro tip: Floss before you brush so you can remove any food, bacteria and plaque first and then effectively clear it away.[2]

Get two dental check-ups this year

By getting regular cleanings and X-rays, you can help keep your mouth healthy and catch any problems while they're still small.

Reduce sugars

Every time you eat something sugary, your mouth creates acid that can lead to tooth decay. Cut down on sugary foods, and when you do eat them, try to have them at the same time as a meal, when there's more saliva to reduce the effect of the acid.[3]

How do I know which toothpaste to use?

According to Dr. Deborah Fuller, National Dental Director at Cigna Healthcare®, "It's important to think about your individual oral health needs when choosing a toothpaste. But it's very important to always make sure that it contains fluoride and has the American Dental Association seal of approval, which means its safety and effectiveness have been tested." Some toothpastes are best for people with sensitive teeth, some help to control plaque and tartar (calculus), and others remove surface stains and whiten teeth. Talk with your dentist to determine which is right for you.

Did you know?

91% of people who take proper care of their teeth say their self-confidence is excellent.[4]

Need help finding a dentist?

Visit **myCigna.com** to search for a nearby in-network dentist.

1. American Dental Association. "Toothbrushes." October 2022. https://www.ada.org/en/resources/ada-library/oral-health-topics/toothbrushes#:~:text=Toothbrushes%20should%20be%20replaced%20approximately,as%20the%20bristles%20become%20worn.
2. Mouth Healthy, American Dental Association. "Flossing." https://www.mouthhealthy.org/en/all-topics-a-z/flossing. Last accessed January 14, 2025.
3. Gorsheteyn, Ida. Mouth Healthy, American Dental Association. "The Truth About Sugary Drinks and Your Smile." 2024. https://www.mouthhealthy.org/en/nutrition/sugary-drinks. Last accessed December 30, 2024.
4. Cigna Healthcare research study. October 2019. "Exploring the relationship between oral health and mental wellbeing."

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