

DON'T SKIP YOUR DENTIST APPOINTMENT

– It's Important to Your Health



Dental visits are important for staying healthy. A healthy mouth means you and your child can eat, talk, sleep, and learn without mouth pain. A healthy mouth can help make health problems, such as diabetes and heart disease, easier to manage.

Do not miss your dental appointment. It may be hard to get a new dental visit time.

Here are some tips to help with your dental visit.

- Let the dental office know what days and times work best for you.
- Let the dental office know how to contact you – phone, text, or mail.
- Write down your appointment time on a calendar or put in your phone. Set a phone reminder.
- Arrive at least 15 minutes before your appointment time.
- Be sure to bring your dental plan ID card.
- Bring a list of all your medications.
- If you can't make your appointment call right away to make a new appointment. The dental office will help find a time that works better for you.

Remember, the dentist wants to help you have a healthy, pain free smile. A missed dental visit is a hardship for you and the dentist.

If you are having problems keeping your dental appointment or need help finding a dental provider, we can help. Call DentaQuest at the number on the back of your ID card.

DentaQuest 