

Avoiding the dentist?
You may be missing out.

6 perks of seeing your dentist.

Routine dental
checkups may:

1

Help you
**save
money.**

- Regular visits help your dentist find problems early, when treatment may be cheaper.

2

Help
**prevent
problems.**

- Along with daily brushing and flossing, regular dental cleanings can help prevent cavities and gum disease.

3

Help
boost your
confidence.

- Professional cleanings may help remove stains. And the dentist can offer solutions for straightening teeth.

4

Help
**detect
diseases.**

- Your dentist will check your mouth for early signs of oral cancer.

5

Help
**freshen
your breath.**

- Your dentist may detect problems that can cause bad breath.

6

Help you
**kick bad
habits.**

- Your dentist may help you beat habits such as smoking and teeth grinding.

OK, but what's it going to cost?

Most UnitedHealthcare Dental plans cover regular checkups with no cost-sharing or with a small copay.*

Don't have a dentist? Use myuhc.com® or the

Health4Me® app to find one in your network.