MetLife | Dental Insurance

Help at Home
Care to Live Your Life.

Understanding your oral health

Your smile is worth a thousand words and keeping it healthy is worth even more.



Why is preventive dental care important?

- Brushing, flossing, eating a healthy diet, and seeing your dentist regularly helps to avoid dental disease.
- Routine exams and cleanings can prevent the additional cost associated with fillings, root canals, extractions, etc.

Best practices for routine dental care from the American Dental Association[1]

- Brush your teeth twice a day with an ADA accepted fluoride toothpaste.
- Replace your toothbrush every three or four months.
- Clean between teeth daily with floss or an interdental cleaner.
- Eat a balanced diet, and limit soft drinks and between-meal snacks.

Did you know?

- Tobacco use causes an increased level of calculus (hardened plaque) to form on teeth, which can lead to tooth decay and gum disease.[2]
- Studies suggest that a diet low in fruits and vegetables may be linked to an increased risk of cancers of the oral cavity.[3]
- Pregnancy can increase the risk of oral health problems like cavities and gum disease. Seeing your dentist during pregnancy for a routine checkup is important for your dental health.[4]

For more information and tools, visit MetLife's Oral Health Library[5] at oralfitnesslibrary.com

1. American Dental Association. “Brushing Your Teeth”, http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth. Accessed May 2025.
2. Gum disease risk factors. American Academy of Periodontology website. http://www.perio.org/consumer/risk-factors. Accessed May 2025.
3. American Cancer Society, “Oral Cavity and Oropharyngeal Cancer Causes, Risk Factors, and Prevention”, https://www.cancer.org/cancer/types/oral-cavity-and-oropharyngeal-cancer/causes-risks-prevention.html. Accessed May 2025.
4. Centers for Disease Control and Prevention, “Pregnancy and Oral Health Facts”, https://www.cdc.gov/oral-health/data-research/facts-stats/fast-facts-pregnancy-and-oral-health.html. Accessed May 2025.
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