

# Healthy mouth, healthy life

Your oral health and overall health are directly connected.



You have what it takes to take control of both, one day at a time.

## Master your at-home oral hygiene routine

It's as simple as brushing with fluoride toothpaste twice a day for two minutes, flossing once daily, using an alcohol-free mouth rinse, and replacing your toothbrush every three to four months or sooner if the bristles are frayed.

## Get regular dental check-ups

Regular preventive dental check-ups can help catch and prevent issues before they become serious and costly to treat.

## Follow your dentist's care recommendations

If you show signs of gum disease or if you have a chronic condition known to increase your risk for gum disease, your dentist may recommend additional treatment, such as a deep cleaning.

## Don't dismiss a crooked smile

Crooked and crowded teeth don't just affect the way your smile looks. They can also affect the way you feel physically and emotionally.

## Eat a healthy diet

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.\*

## Maintain a healthy mind

Mental illness can lead to unhealthy coping habits, such as smoking, teeth grinding and more – all of which can have a negative effect on your teeth and gums. To help manage stress and anxiety in a healthy way,\*\* exercise regularly, get enough sleep, try meditation, do breathing exercises and stretch, take breaks from the news and social media, make time for activities you enjoy, and connect with others.

## Need help finding a dentist?

Visit [myCigna.com](https://myCigna.com) to search for a nearby in-network dentist.



### Did you know?

91% of people who take proper care of their teeth say their self-confidence is excellent.\*\*\*

\* University of Rochester Medical Center. "The Best and Worst Foods for Your Teeth." <https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=1&contentid=4062>

\*\* Centers for Disease Control and Prevention. (2021, July 22). "Coping with Stress." <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html?>

\*\*\* Cigna. (2019, October). "Exploring the relationship between oral health and mental wellbeing." Research study.

Together, all the way.®



Offered by Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

This document is provided by Cigna solely for informational purposes to promote customer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your dentist for appropriate examinations, treatment, testing and care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, and Cigna Dental Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.