

PREVENT DENTAL CAVITIES

Ask your dentist for fissure sealants

Ask your dentist for **fissure sealants*** on your children's permanent teeth before they reach the age of 16.

These thin, plastic coatings are painted on the chewing surfaces of the back teeth, covering them to keep out germs and food.

Fissure sealants -- an easy, effective way to help your kids fight tooth decay.

**Benefit only available on Thebemed Energy Core*

What else can you do to prevent tooth decay?

- Brush your teeth for two minutes, every morning and every night
- Floss every day to clean between your teeth
- Limit sweets, sugary foods and sugar-filled drinks
- Visit your dentist at least once a year for dental check-up and preventative care

