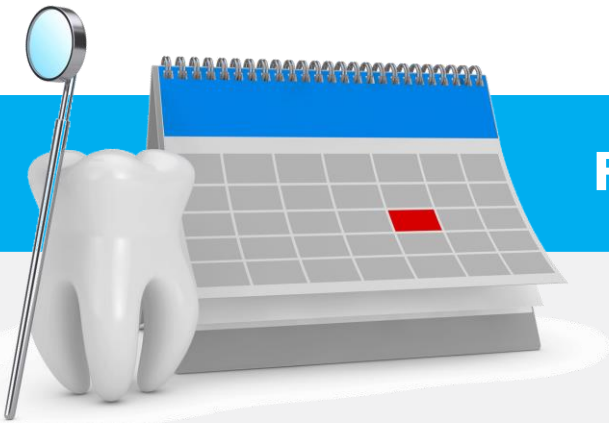


YOUR ORAL HEALTH

MAKE YOUR TEETH LAST A LIFETIME



REGULAR DENTAL CHECK-UPS

Do not wait until you have toothache before going to the dentist.

Visit your dentist, dental therapist or oral hygienist at least once a year for a check-up and professional cleaning (scale and polish).*



Regular professional cleaning to remove plaque and tartar build-up will help to keep your teeth and gums healthy.



Remember to brush your teeth for two minutes, every morning and every night. Floss every day to clean between your teeth.



If you have the benefit available on your plan and membership, you will have no co-payments for conservative dental treatment at a DENIS Dental Network practice.

Find a Network practice in your area – search on the DENIS website: www.denis.co.za

*Dental accounts for Universal & EDO members are only paid if treatment is done by a DENIS Dental Network provider.

Brought to you by DENIS, your dental health partner of choice

denis

Dental Benefit Queries? Call 0860 10 49 33

