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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| Protect your smile and your health with preventive dental care Good oral hygiene and professional dental care can help prevent cavities and gum disease. They can also lower your risk of certain health conditions, such as cardiovascular disease.  With regular dental care, you’re also likely to reduce the chance that you’ll need more complex—and more expensive—dental procedures in the future.  Your dental plan covers certain preventive services like routine exams, cleanings, and x-rays.  Make an appointment to see your dentist every 6 months to ensure early diagnosis and treatment of any dental issues you may have—and to keep your smile bright and healthy! TIP Looking for a dentist? Sign in at [premera.com](https://www.premera.com/sign-in) and search with the Find a Doctor tool. |
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