



**If you're not flossing, you're missing 35% of each tooth's surface!**

### **BRUSHING TWICE A DAY IS ONLY A GOOD START...**

Many of us know we have to brush at least twice a day to maintain good oral health. But did you know that brushing alone won't do the job? Flossing reaches those areas your toothbrush can't, like between your teeth and under the gum line.

### **HOW TO FLOSS:**

- Select the right dental floss for you. If you aren't certain, ask your dentist. Waxed floss generally slides a little easier than unwaxed floss.
- Loosely wrap 18 inches of dental floss around your middle fingers until you have about 2 inches left between your fingers.
- Holding the floss firmly between your thumbs and index fingers, gently slide the floss in a "C-shape" up-and-down between your teeth, working it beneath the gum line on both sides.
- Move to a clean section of floss and repeat until you have cleaned around each tooth.

United Concordia recommends working with your dentist or dental hygienist to ensure you are flossing properly.

**For information on the TRICARE Dental Program, or to find more "Dental Health 101" tips, visit us online at [www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com).**

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Insuring America's Dental Health