

Blue Cross Blue Shield of Michigan

Healthy Kids Dental Newsletter



It is Almost Time for Back to School



It's time to prepare for the return to school after a busy summer break. During summer, children can easily fall off their twice daily brushing routine. Now is a good time to re-establish that routine by ensuring children brush before bed and in the mornings.

It is also a good time to get a new toothbrush and introduce your child to healthy snacks for school lunch.

Follow these oral health tips for a happy and healthy school year:

- Visit your child's dentist for an exam and cleaning before school starts.
- Remind your child to brush their teeth after breakfast and before bed.
- Make sure your child eats a healthy lunch and snacks. Nuts, cheeses, and lean meats like turkey are good for teeth.
- Encourage your child to drink lots of water.
- Get a mouth guard if your child plays contact sports
- Schedule your child's dentist every six months.

Hydration and Oral Health

Water is important for the body and beneficial for you and your child's teeth and oral health. During summer, children stand a risk of becoming dehydrated due to sweating and the hot weather. It is important to ensure children are well hydrated.



Tips for hydration:

- Drink lots of water.
- Eat fruits and vegetables rich in water like watermelon, strawberries, pineapple, oranges, broccoli, celery, cucumbers, lettuce.
- Avoid sugary drinks. Choose drinks like tea with honey or water infused with mint, lime, lemon, berries for taste
- Check the color of yours and your child's urine to make sure it is light colored or clear. Dark urine is a sign of dehydration.

Why is water important for your teeth:

- Water keeps the mouth clean and prevents the formation of plaque.
- Dehydration reduces the amount of saliva produced in the mouth. Saliva is antibacterial and helps to clean the mouth of food particles.
- Water, if fluorinated, strengthens the teeth by preventing cavities.

We Speak Your Language

You have the right to receive culturally competent care. If you or someone you're helping needs assistance, you have the right to get help and information in your language at no cost. You can also get help finding a dentist that speaks your language. To talk to an interpreter, call the Customer Service number on the back of your card.

Report fraud, waste, and abuse in the following ways:

Report fraud, waste, and abuse in the following ways. You can remain anonymous.

Call:

Fraud hotline: 1-800-237-9139
Anonymous hotline: 1-866-654-3433

Mail:

Blue Cross Blue Shield of Michigan
P.O. Box 491
Milwaukee, WI 53201-0491

Fax: 262-241-7366

Fraud, waste, and abuse can also be reported directly to the Michigan Department of Health and Human Services using the following methods.

Write to:

Michigan Department of Health and
Human Services
Office of Inspector General
P.O. Box 30062
Lansing, MI 48909

Call:

1-855-MIFRAUD (643-7283)

Online:

michigan.gov/fraud

Contact us:

Phone:

1-800-936-0935; TTY:711

Helpful resources available on the website:

bcbsm.com/healthykids