



Blue Cross Blue Shield of Michigan
Healthy Kids Dental Newsletter

June is immigrant heritage month

Let’s celebrate the contributions that immigrants have made — and continue to make — every day.



Tooth-brushing tips

Brushing your teeth twice a day is important for good oral health. Brushing removes bacteria and plaque that cause tooth decay and gum disease.

Here are tips to do it right:

- Use a soft-bristled brush and brush gently. Brushing too hard can hurt your gums and teeth.
- Be sure your toothbrush is the right size. The American Dental Association says that the size and shape of your brush should fit your mouth so you can reach all areas easily.
- Tilt the bristles at a 45-degree angle to your teeth.



- Let the tips of the bristles get under your gums. Move the brush gently to remove plaque there.
- Be sure to brush every tooth surface — the cheek side, tongue side, and chewing surfaces.
- Gently brush every surface of your front teeth and gums. To do this, turn the brush to a straight up-down direction and make several up-and-down strokes on the top and bottom teeth.
- Your toothbrush will only clean one or two teeth at a time, so move it to clean each tooth properly.
- Take your time. The ADA advises two minutes of brushing, twice per day.
- Use a pea-sized amount of toothpaste with fluoride.
- Replace your brush every three or four months.
- If you’re not sure that you’re brushing your teeth right, ask your dentist.

Show us your smile

June is Dental Smiles Month.



What to Expect at the Dentist’s Office



You’ve made your child’s dental appointment to help him or her have a healthier and happier mouth. Here’s what to expect at your child’s dental visit.

Arrive early and meet the staff: You may need to fill out paperwork. The dentist or dental assistant will review your child’s dental and health history and ask you if you have any concerns.

A complete exam: The dentist will carefully examine your child’s teeth, gums, head and neck to rule out any tooth decay, gum disease or other health issues. The exam may also include X-rays so the dentist can see the whole tooth, including the root.



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Time for a cleaning: The dental hygienist will clean your child’s teeth to remove any deposits. The hygienist will also show you and your child the best way to brush and floss.

The care plan: The dentist may suggest a follow-up care plan that may include:

- Fillings for cavities and fixing any damaged teeth.
- Sealants to prevent cavities.
- A fluoride treatment to make tooth enamel stronger.

Ask questions: If you have any questions about your child’s treatment, talk to your dentist. It’s the best way to build trust.

Follow-up appointments: Your child should see the dentist every six months. It’s the best way to help keep your child’s smile healthy.

Your dentist will discuss with you any other treatments your child may need.

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 Blue Cross Blue Shield of Michigan member ID card.

Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

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:

Michigan Department of Health and Human Services	1-855-MIFRAUD (643-7283)
Office of Inspector General	michigan.gov/fraud
P.O. Box 30062	
Lansing, MI 48909	

Contact us

1-800-936-0935: TTY users, call 711

Helpful resources available on the website:
[bcbasm.com/healthykids](https://www.bcbasm.com/healthykids)

Source: The American Dental Association

